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HOMOEOPATHIC

GUIDE TO FAMILY HEALTH

A MEDICAL DIRECTORY
JUST LOOK UP YOUR SYMPTOMS
AND FIND THE CURE

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HOMOEOPATHIC
GUIDE TO FAMILY HEALTH

5323

BY
R.K. TANDON
AND
DR. V.R. BAJAJ
M.D.

"O, health! health! the blessing of the rich! the riches of the poor! who can buy thee at too dear a rate, since there is no enjoying the world without thee?"

Ben Jonson

HEALTH HARMONY

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HOMOEOPATHIC
GUIDE TO FAMILY HEALTH

Note from the Publishers

Any information given in this book is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner or therapeutist.

HOMOEOPATHIC GUIDE TO FAMILY HEALTH

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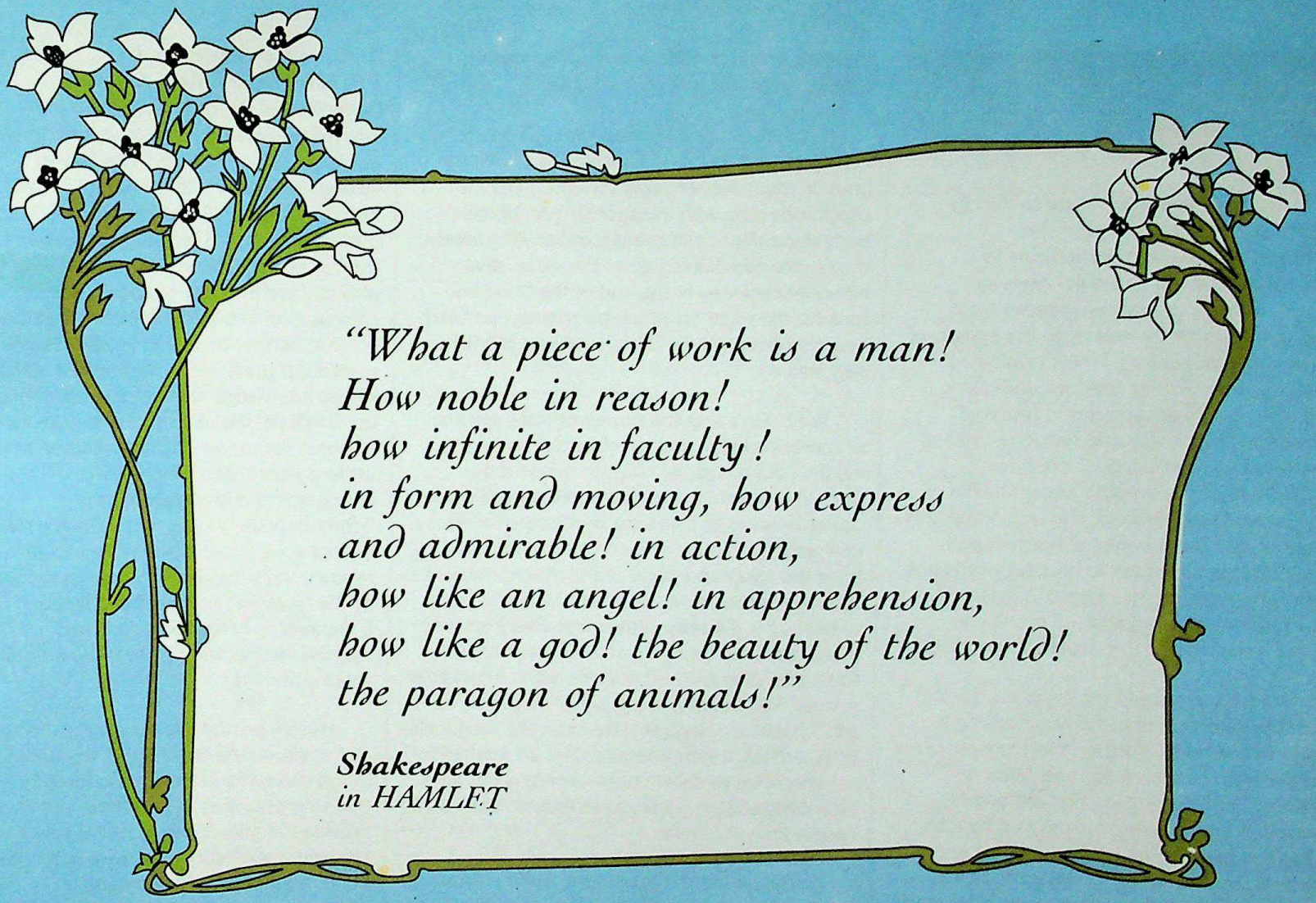

"What a piece of work is a man!
How noble in reason!
how infinite in faculty!
in form and moving, how express
and admirable! in action,
how like an angel! in apprehension,
how like a god! the beauty of the world!
the paragon of animals!"

Shakespeare
in HAMLET

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PREFACE

"The Homoeopathic Guide to Family Health" is an effort to present the homoeopathic system of medicine in an easy-to-understand and quick-to-refer format. In one compact volume we have tried to introduce the reader to the system of homoeopathic healing, how it originated, what are the scientific theories underlying it and what are its advantages in terms of alleviation of sickness and reduced costs of treatment and medication. We have highlighted the relevant facets of the life of Dr. Samuel Hahnemann who originated and propounded the theories of homoeopathy. The doctrine as written in his own words has been presented in the chapter "Organon". The reader has been advised on how to select a remedy for the apparent symptoms.

We have arranged the chapters dealing with the selection of remedy according to parts of the body. Further, there are chapters on the skin, fevers, sleep, problems of children, emergency, on first aid and on prevalent curses like smoking and cancer. Care has been taken not to omit any known ailment. In the part on materia medica a number of carefully chosen drugs have been discussed in detail. We hope that these chapters would provide a rewarding reading experience to the readers of this book.

A reader of the "Homoeopathic Guide to Family Health" can benefit from the use of the book in a number of ways. He can go to the chapter dealing with the specific part of the body and refer to the chapter index. Alternately, the reader can directly go to the exhaustive alphabetical index at the end of the book and look for the page on which his malady, problem or symptom has been discussed and medicine suggested.

We believe that the homoeopathic system of medicine is the system of healing suited to all, the young and the old, the rich and the poor, the people in the developed as well as the under-developed countries and for persons in any place or climate. This is not to take away from the value and utility of the other prevalent systems of medicine. The aim of every science of healing is the relief of the sick. Every system is successful in its own fashion. Homoeopathy too fights sickness and does so with remarkable results. Additionally, the costs of diagnosis in this system are negligible because the diagnosis is by and large symptomatic. The time taken for the medicine to show improvement is not long. Homoeopathic medicines are easy to store and have a long shelf- life.

In the nature of the subject, while preparing this book, we have relied heavily on original sources and works of pioneers such as Dr. Samuel Hahnemann, Dr. C. Hering, Dr. T.F. Allen, Dr. J.T. Kent, Dr. William Boericke and Dr. E.B. Nash. As these learned doctors and authors are no more we can express our indebtedness only in writing.Generations to come would benefit from the spirit of discovery, hard work, understanding and learning of these eminent men as condensed in their writings. We have also had the privilege of access and consultation of a number of excellent books on diet, human body and its ailments. We record our gratitude to the learned authors whose knowledge we have shared through the medium of their books. We have tried our best not to use any copy-righted material without permission. The writing, arrangement and design of the "Homoeopathic Guide to the Family Health" are our own. There is the unavoidable reliance on original symptoms as recorded by the "provers" and tabulated by Dr. S.Hahnemann, his colleagues and successors. But that makes this work all the more authentic.

Homoeopathy has been attacked again and again on the ground that the potencised drugs cannot be tested in a laboratory. But that way a number of phenomena are still outside the pale of conventional science. However, laboratory tests have been going on in many countries and certain phenomena not acceptable to conventional

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scientific beliefs have been observed. A report titled "The incredible shrinking dose", published in 'The Economist', London, of July 8, 1988, draws our attention to experiments conducted by Dr.Jacques Benveniste and his colleagues at the University of Paris - Sud in which antibodies in a solution diluted 120 times with antibody-free liquid showed reaction. These results were confirmed independently at laboratories in Israel, Italy and Canada. Only then these were published in the prestigious science magazine, "Nature". Maybe, soon the homoeopathic dose of Dr.Hahneman will produce reaction in a laboratory solution.But, in the human body this infinitesimal dose has been producing a healing reaction for more than a hundred years. That is no mean achievement!

We hope that the "Homoeopathic Guide to Family Health" would be used and referred to in every home by patients and by those who care for them, by mothers for their children and by any-one else interested in sound health at reasonable cost.We are sure that this book would open the gates to health for all.We also genuinely hope that the "Homoeopathic Guide to Family Health" would be of immense advantage to students of homoeopathy as well as to the laymen.

R.K.TANDON

V.R.BAJAJ, M.D.

PREFACE TO THE FIFTH PRINT

Homoeopathic Guide to Family Health which was first published in February, 1989 has already gone through three reprints. The present is the fourth reprint of the book.

This monumental work has been received well not only in India but also abroad and is in use by thousands and thousands of families, by laymen, students as well as professionals practising homoeopathy.

The success of the book, while it has been a matter of great satisfaction to me, is ample proof of the interest the enlightened man has in the homoeopathic system of healing, of the utility of this system in bringing about a cure of the sick easily, at low cost, in a short time and without side effects or after effects.

Dr. V.R. Bajaj, the co-author passed away on 11th March, 1991. His contribution to the making of this book was critical. I acknowledge my debt for his fine tuning of the various essays preceding the chapters on parts of the human body and of short paragraphs introducing the sub-chapters.

In the writing of Homoeopathic Guide to Family Health my wife, Swarn, helped me through thick and thin, bearing all sorts of inconvenience because our daily living was disturbed by the hard work that had to be put into the making of this book. She provided me with great moral support. When doubts were expressed on the scale and viability of the project, she stood by me. She firmly believed that this labour of love would be highly successful. Her faith and belief have come true. In such matters mere thanks are just not enough. Maybe there are no words to express my gratitude for such unshaking support in a risky and unpredictable venture as Swarn gave me when I wrote and published the Homoeopathic Guide to Family Health !

In the publication of a book, a very difficult job is that of proof reading. This arduous task was undertaken by my daughter Bindu, son Vivek and daughter-in-law Anju. They worked hard, day and night for months to accomplish this task as well as to get the artworks ready. My heartfelt thanks to them.

I hope that Homoeopathic Guide to Family Health would continue to be a popular and useful manual of reference to thousands and thousands of enlightened users.

R. K. TANDON.

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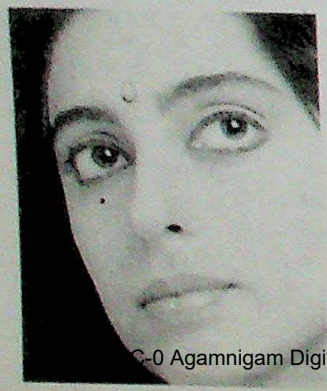
CONTENTS

HOMOEOPATHIC
GUIDE TO FAMILY HEALTH



PART A

Homoeopathic system of medicine- An introduction 11

Dr. Samuel Hahnemann- A genius and an innovator 16

'Organon of Medicine' by Dr. Samuel Hahnemann 22

Homoeopathic medicines - Storage and Dosage 30

Recommended medicine chest in every home 32

Diet control during homoeopathic treatment 33

PART B

Selection of remedy 39

Distinguishing symptoms, maladies, medicine and potency 45

The Mind, Emotions, The Head and The Brain 47

The Face 79

The Eyes 86

The Nose 100

The Ears 110

The Mouth, The Lips, The Tongue and The Palate 118

The Teeth and The Gums 124

The Throat 130

The Heart and The Circulatory System 141

The Respiratory System 157

The Digestive System 170

The Back and The Neck 192

The Urinary System 199

The Female Genital System 210

The Male Genital System 229

The Rectum and The Anus 239

The Stool 248

The Locomotor System 256

The Skin 281

Fevers 304

Sleep 312

Problems of infants, young children and their remedies 316

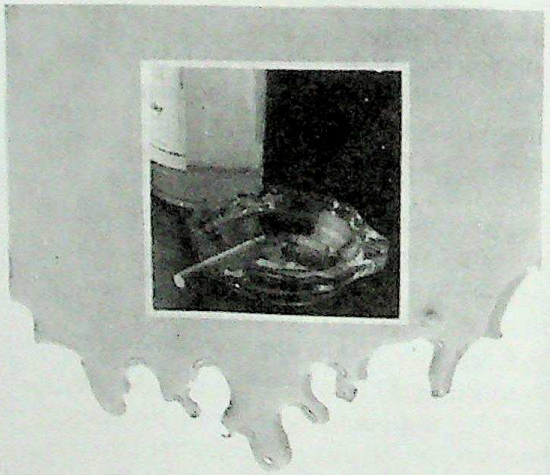
Miscellaneous 343

Addison's Disease 344

Alcoholism 344

Alcohol - Fact and Fancy 345

Anaemia 347



Bleeding/Haemorrhage 349

Cancer 352

Collapse 362

Fatigue/Debility 363

Injuries, etc. 364

Smoking - Preventable cause of death 367

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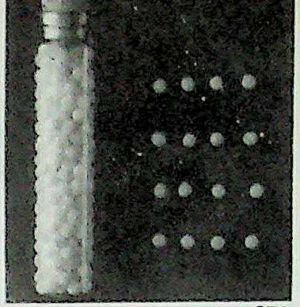

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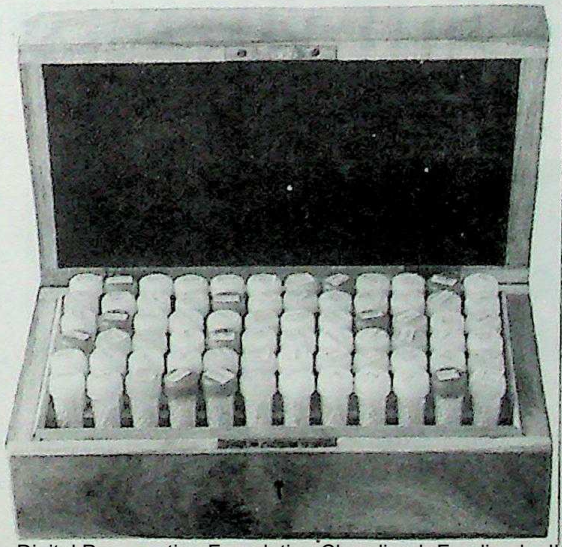
CONTENTS

PART C

Materia Medica 371
Abies Nigra 376
Aconitum Napellus 376
Allium Cepa 378
Aloe 379
Alumina 380
Ammonia Carb 381
Antimonium Crudum 382
Antimonium Tartaricum 383
Apis Mellifica 384
Argentum Nitricum 385
Arnica Montana 386
Arsenic Album 388
Arundo 391
Aurum Met 391
Baryta Carb 392
Belladonna 392
Borax 395
Bryonia Alba 396
Cactus Grandiflorus 397
Calcarea Carbonica 400
Calcarea Fluorica 401
Calendula 402
Camphor 402
Cantharis 403
Carbo Vegetabilis 405
Causticum 406
Chamomilla 408
Chelidonium Majus 409
Chionanthus 410
Cicuta 410
Cimicifuga 411
Cina 412
Cinchona Officinalis (China) 412
Cocculus 414
Coffea Cruda 414
Colocynthis 415
Conium Maculatum 416
Cuprum Met 418
Digitalis 419
Drosera 420
Dulcamara 420
Eupatorium Perfoliatum 421
Euphrasia 421
Gelsemium 422
Glonoine 423



Graphites 424
Hamamelis Virginica 425
Hepar Sulphuris Calcareum 426
Hyoscyamus 427
Hypericum 428
Ignatia 429
Influenzim 430
Iodine 430
Ipecacuanha 432
Kali Bichromicum 434
Kreosotum 435
Lachesis 435
Lactic Acid 437
Ledum 438
Lycopodium 439
Magnesia Phos 440
Mercurius Corrosivus 441
Mercurius Solubilis 442
Millefolium 443
Myristica 443
Natrum Muriaticum 444

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Gandhi Memorial College Of Education Bantalab Jammu

CONTENTS

Nitric Acid 445
Nux Vomica 447
Opium 448
Phosphoric Acid 449
Phosphorus 451
Podophyllum 452
Pulsatilla 453
Rhus Tox 455
Ruta Graveolens 457
Sanguinaria 457
Sepia 458
Silicea 459
Spigelia 460
Staphysagria 461
Sticta 461
Sulphur 462
Thuja Occidentalis 463
Veratrum Album 464

PART D

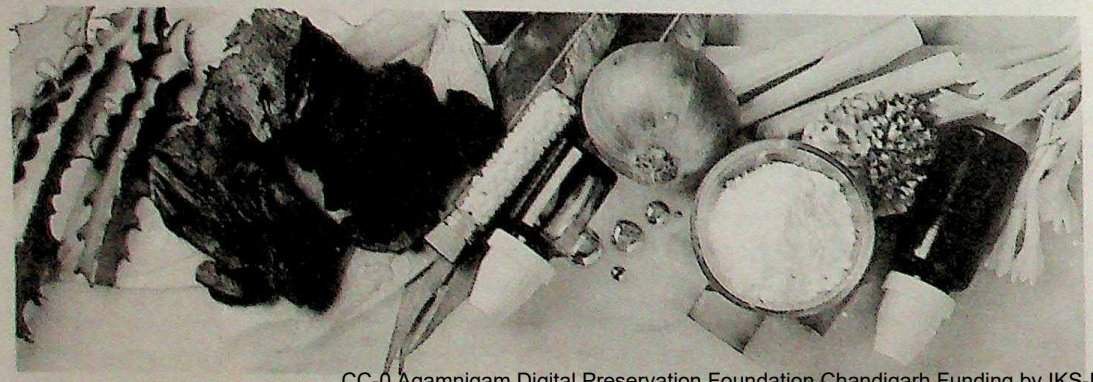
Emergencies /Accidents/ First Aid 467

PART E

Remedies which are inimical to one another 477
Bibliography 478
Glossary 483
Index 494

CHARTS

Congestion of brain, head 55
Delirium 58
Congestive headache 65
Turmoil 77
Symptomatic treatment of sore throat 139
Flatulence 180
Erysipelas 293
Inflammation of the skin 295
Collapse 362
Pneumonia 378
Fever / Heat 378
Prolapse of rectum 380
Swelling around eyes 385
Balm for injured skin 388
Burning sensation 389
Heart problems 399
Restlessness 404
Colic 417
Falling hair 451
Podophyllum and Ver Alb 453
Muscular Pains 456
Mania 465



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PART-A

HOMOEOPATHY-THE SYSTEM

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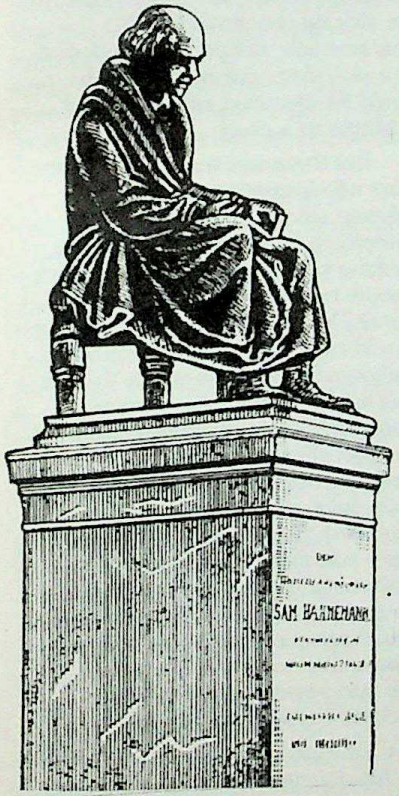
HOMOEOPATHIC SYSTEM OF MEDICINE

AN INTRODUCTION



Hahnemann Monument at Leipsic

The homoeopathic system of medicine is one of the finest systems of cure available to mankind. It achieves in totality the ideal laid down by its originator, Dr. Samuel Hahnemann:

"The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles."

The harmlessness of the homoeopathic system cannot be over-emphasized in the twentieth century when antibiotics, cortisones and scores of other wonder drugs, on account of indiscriminate use cause more problems than they cure. In homoeopathy, not a single drug is used without knowing its effect on healthy human beings. Hence there is no shooting in the dark. The system operates, by and large, without laboratory tests and other expensive means of diagnosis which are being employed even when not absolutely necessary and that too, unfortunately, on patients who can hardly afford the expense.

Cost wise, there is no medical system in the world which is as inexpensive as homoeopathy. No patient who requires a speedy cure without side effects can ignore homoeopathy; no doctor who has nothing but the good of his patient at heart can overlook the utility and effectiveness of homoeopathy and no Government which has to balance its budget can afford not to use homoeopathy in hospitals and other institutions run for the health and care of the sick and thus achieve astronomical economies in its expenditure on health care.

The development of the homoeopathic system of medicine makes a fascinating story.

Dr. Samuel Christian Friedrich Hahnemann (born: April 11, 1755; died: July 2, 1843), a German physician was practicing as an allopath when he formulated the principles of homoeopathy. He was totally dissatisfied with the prevalent modes of medical diagnosis and treatment. He was agitated because drugs were used on patients without anyone understanding their true effect on the human mind and body. He found the current methods of bloodletting of patients to cure them, of treatment of mental patients, of treatment of chronic diseases unacceptable and irrational. "He recognized the insufficiency of medical science and of the therapeutic methods of those days, which he denounced with undaunted energy and eloquence of speech like the old prophets", writes Dr. Richard Haehl, a biographer of Dr. Hahnemann.

Dr. Samuel Hahnemann was a sincere seeker of truth. He was not ready to believe in the existent theories regarding the effect of drugs on the human body simply because medical men had believed in them for ages. For instance, it was accepted that Peruvian bark was efficacious because it had a tonic effect on the stomach.

Dr. Hahnemann found that there was no proof that this particular medicine had a tonic effect on the stomach or that it was for this reason that it could be used for intermittent fevers. Similarly for other drugs used for medicinal purposes, virtually nothing was known about their effects on human beings and therefore about the role played by them individually in the alleviation of sickness. Dr. Hahnemann was a rebel. He could not accept the well established system because he found it to be illogical and unprovable. The prevalent method of healing was based on the principle of 'Contraria Contraris', that is, healing opposites by opposites.

Dr. Hahnemann found it to be most objectionable. He noted that constipation could not be cured by laxatives, blood surging by bloodletting, acidity with alkalis and chronic pain with opium. He observed that in all such cases, whatever relief was experienced in the first instance was wiped out by recurrence of the malady. The seeker in Dr. Hahnemann was agitated and was impatient to reach the truth. For this he demanded "investigation of the effects of remedies in order to adapt them to disturbances of the body." He was of

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the view that the physicians should "rely as little as possible upon chance and proceed as rationally and conscientiously as possible" by experiments of the medicines on the healthy human body. In this fashion alone, argued Dr. Hahnemann, "can the true nature, the real effect of the medicinal substances be conscientiously discovered; from them alone can be ascertained to what maladies they are safely and successfully adaptable." But this had never been done before.

Dr. Hahnemann started, as an experiment in 1790, to test China, a drug made from Peruvian bark on himself and found that he could make himself sick by taking, twice a day, four drachms of the medicine in pure form. The genius that he was, he noted that dozens of symptoms of maladies, the cure of which China was associated with, were produced in his body. He wrote, "I took by way of experimentation, twice a day, 4 drachms of good China. My feet, finger ends, etc. at first became cold; I grew languid and drowsy; then my heart began to palpitate, and my pulse grew hard and small; intolerable anxiety, trembling, prostration throughout all my limbs; then pulsation, in the head, redness of my cheeks, thirst, and in short, all these symptoms which are ordinarily characteristic of intermittent fever, made their appearance, one after the other, yet without the actual rigor. Briefly, even those symptoms which are of regular occurrence and especially characteristic - as the stupidity of man, the kind of rigidity in all the limbs, but above all the numb, disagreeable sensation, which seems to have its seat in the periosteum, over every bone in the body - all these made their appearances. This paroxysm lasted two to three hours each day; and recurred if I repeated this dose, not otherwise; I discontinued it, and was in good health."

Dr. Hahnemann found that the mental and physical symptoms produced in him corresponded exactly with the symptoms of the disease for which China was being prescribed by the doctors. He himself had cured such symptoms with China. It could no longer be said that Peruvian Bark cured intermittent chill and fever because it was a bitter or an astringent drug. The true inference stood out boldly. China cures certain symptoms of chill and fever because it produces the same symptoms of chill and fever in a healthy person. He thereupon formulated the law of 'Similia Similibus Curentur' or 'like cures like'. He came to the conclusion that a drug which could, through excessive administration, produce certain symptoms of the body and mind, could cure the same symptoms if administered in homoeopathic doses.

But before this principle could be universally applied, it was necessary to make an exhaustive record of what effects various drugs would produce if administered in pure form. Every medicinal substance had to be 'proved' for its effects on a person who was hale and hearty and free of any apparent sickness, the purpose being to produce widespread symptoms of one or more disorders relatable to specific drugs. The 'provings' were carried out by Dr. Hahnemann and his pupils on themselves and other healthy human beings. Initially, blank pills or powders were administered to a number of healthy individuals whose peculiar traits of mind and body were noted. Thereafter, pure medicinal substance was added to these pills without telling the volunteers. Any reaction produced, any symptoms manifested, were noted down. For every drug, a record of resultant symptoms was made in detail. Simultaneously, from available medical literature, other reactions produced by the drug were noted and analysed.

The aforesaid experiments and their results form the foundation of the Homoeopathic Materia Medica, an exhaustive study of the effects of hundreds of drugs on the human mind and body conducted over a period of time and consisting of remarkable drug pictures.

Dr. Hahnemann theorised, "Every effective remedy incites in the human body a kind of illness peculiar to itself, the more peculiar the more marked and the more acute, accordingly the medicine is the more effective." He found that every drug produced unique effects and that no two drugs were alike. This uniqueness related to production of symptoms and not to treatment of diseases. He ruled that this uniqueness was to be used for achieving a cure, to restore health to the sick by concentrating on characteristic symptoms manifested in a sick state, symptoms which could be identified as unique and relatable to a drug.

But there was a snag. Drugs in pure administration produced an adverse reaction resulting in symptoms of sickness. This meant making healthy people sick, not sick people healthy. How to achieve a cure? The principle of 'like cures like' would not have sufficed to bring Dr. Hahnemann the immortality that he has enjoyed unless the aforesaid shortcoming was overcome because the real effect of a drug and the desired effect were contradictory. Pure substances produce violent reactions. Pure China had caused fever and other symptoms in Dr. Hahnemann himself. Pure Arsenic, if taken internally, would have caused instantaneous death. Pure Mercury was known to generate several decaying symptoms. Where lay hidden the principle of cure?

Dr. Hahnemann with a firm faith in his doctrine of 'Similia Similibus Curentur', started administering

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potencized drugs, pure substances reduced through a special process of dilution to a negligible physical quantity in the dose which was administered to a sick person. After repeated trials, he came to the conclusion that to obtain a cure and to avoid adverse reactions, the administration of a medicine in pure form could be done away with most of the time. Dr. Hahnemann found that the potencized drug had a tremendous power to cure the symptoms which the same drug in pure form would have produced in a healthy person. He had arrived at the Everest of Medical Science.

In 'Organon of Medicine', a treatise in which Dr. Hahnemann laid down the complete master plan of the homoeopathic system, he discussed potencization in the following words in paragraph 269: "The homoeopathic system of medicine develops for its special use, to a hitherto unheard-of degree, the inner medicinal powers of the crude substances by means of a process peculiar to it and which has hitherto never been tried, whereby only they all become immeasurably and penetratingly efficacious and remedial, even those that in the crude state give no evidence of the slightest medicinal power on the human body.

"This remarkable change in the qualities of natural bodies develops the latent, hitherto unperceived, as if slumbering, hidden, dynamic powers which influence the life principle, change the well-being of animal life. This is effected by mechanical action upon their smallest particles by means of rubbing and shaking and through the addition of an indifferent substance, dry or fluid. This process is called dynamizing, potencizing (development of medicinal power) and the products are dynamizations or potencies in different degrees."

Potencization is not to be confused with simple dilution which does not develop the pure drug into a medicinal dose nor brings out its latent curative energy. Potencization or dynamization, in the words of Dr. Hahnemann, "develops 'the medicinal powers' hidden within and manifests them more and more or if one may say so spiritualises the material substance itself." The terms 'potencization' and 'dynamization' have a literal significance because the curative power of a drug increases in direct proportion to successive homoeopathic dilutions.

How is dynamization carried out?

To prepare a medicine of one potency on the centesimal scale one part of the drug is diluted with 99 parts of the diluent vehicle, an inert or known non-medicinal substance, usually sugar of milk or rectified spirit. Thereafter, and it is a must, the drug is mixed through rubbing or shaking for about an hour. The resultant total has one potency.

Out of the above 100 parts of potency one, one part is taken and mixed with another 99 parts of the diluent. After rubbing or shaking for another one hour, potency two is produced. Thus one can get the frequently used potencies of 30, 200, 1,000, 10,000, 1,00,000 and so on.

Today all these potencized drugs are made under scientifically controlled conditions in various laboratories with the help of modern machinery. One can imagine the labour which doctors had to put into this effort in Dr. Hahnemann's time. But such was the zeal of the innovators that in those days also, potencies upto 200 and beyond were manufactured and used on patients with excellent results.

The principle of dynamization was not established overnight. For years Dr. Hahnemann was groping and experimenting. The dose of the well chosen drug had to be adjusted. It took a long time even for Dr. Hahnemann to obtain a clear insight into the aggravation occurring after strong doses or about the astounding effect of highly dynamized medicines. In his lifetime he used potencization of 1/1800,000,000,000. From practical observation, he found that the greater the potencization, the greater was the power of the medicine in curing the symptoms homoeopathically indicated. Not only that, his experiments and observations brought out another revolutionary fact, that certain substances generally considered to be inert and without any medicinal power in their natural form, for example, common salt, wood charcoal, sand, lime, etc. were converted into extremely efficacious medicines when potencized in a neutral medium like milk sugar or alcohol.

This was the most remarkable achievement of Dr. Hahnemann. In the same direction, his researches further revealed that dynamization of pure medicinal substances not only increased their curative effectiveness but also almost eliminated their adverse reactions. It was a breakthrough in his deadlock. The positive action of a potencized drug was found to be overpowering to such an extent that the insignificant adverse reaction which the drug was bound to produce on account of its nature, was virtually obliterated through dynamization.

It may be difficult to imagine that in a dose, say, of 10,000 potency there would be some medicine left. In the third potency the degree of dilution is one millionth. But continuous use of such potencies by homoeopaths and the remarkable results obtained from the same in the cure of sick persons have established that Dr. Hahnemann blazed a new path in the field of medicine and took a quantum jump in the alleviation of human suffering by evolving the aforesaid method of potencisation.

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Nature itself provides interesting examples of Dr. Hahnemann's maxim of Similia Similibus Curentur. Who does not know that when a bee stings, the victim suffers stinging pain accompanied by burning and swelling of the skin. This pain, burning and swelling come on fast and spread rapidly. At times, there is stiffness, difficulty in breathing, restlessness and a feeling of constriction. According to the law of 'like cures like', the bee sting poison should cure these very symptoms because it causes them. As a further extension of this principle, it should also be true that the cause of these symptoms need not always be a bee sting.

The homoeopathic medicine prepared from bee sting poison is called Apis. In potencized form, Apis cures all the symptoms indicated above, that is, oedema, dropsy, swelling with burning and stinging pain, constriction, stiffness and restlessness, whatever be the cause of these symptoms, whether a bee sting or rheumatism or meningitis or a kidney problem.

That is homoeopathy for you. Prove a drug; note the symptoms it produces. Potencize the drug. Use the resultant medicine to remedy in a sick man the symptoms which the pure substance produces in healthy human beings.

Another poisonous insect, a black spider of Cuba, when it bites, creates a carbuncle on the human skin. This pimple, small in the beginning, continues to swell and spread. The patient has a chill. Fever sets in. A large abscess forms which is hard. It has been observed that carbuncles with similar symptoms can be cured with the use of the same poison known as Tarentula Cubensis made into a homoeopathic potencized dose.

Or, think of Belladonna, black berries of the deadly night shade, which cause poisoning in children. The victim's pupils are dilated; his skin becomes dry and bright red; his face is scarlet. The symptoms resemble those of scarlet fever. Belladonna in homoeopathic doses cures scarlet fever as well as any other sickness in which the above symptoms are present.

Tarentula Hispanica, the Spanish-Spider stings and produces a dancing mania in its victim. He feels suffocated and breathless. His skin turns black. He dances violently to music. With potencized Tarentula Hispanica, homoeopaths have treated similar symptoms in persons who are restless, hysterical, alternately laughing and crying. It has cured cases of twitching, chorea and deliberate, violent dancing by a sick person, doing so with full knowledge that he is being watched.

Instances such as the above can be multiplied because the entire system of homoeopathy, to begin with, is based on observation and codification of symptoms produced by pure substances in healthy human beings. That is what makes the study of the homoeopathic materia medica so fascinating. It is a vast materia medica, out of which we have in a later part of this book chosen 84 medicines for detailed discussion. A study of those chapters would be highly rewarding for anyone interested in homoeopathy.

In the orthodox practice of homoeopathy it has been the belief that only one remedy should be given at a time. There is no doubt that there is drug interaction in multiple prescriptions, but it has been necessary at times when the apparent symptoms are not covered by one medicine, to administer two different medicines, either alternately or in succession. No adverse reaction has been noticed except in certain cases where the drugs are inimical to each other. (Such inimical drugs are indicated separately in a chart elsewhere in this book).

Quite contrary to the belief held by some, homoeopathy is a scientific system. The principles of homoeopathy have been developed by following well laid procedures. The proof of the pudding lies in eating. 'Like cures like' has been applied as a principle to more than a thousand drugs and to millions of patients. The results have been excellent each time. 'Proving' a medicine by administering a pure substance to a healthy person is a scientific method, as scientific as there ever was. It has to be remembered that 'proving' is not done to achieve a cure, but only to formulate a basis for what can be cured by a particular drug. It is but a stage in the process of research. What is seen, what is experienced, what is felt, is recorded and what the record shows simultaneously in hundreds of cases, is made the basis for coming to the conclusion that a certain drug produces certain symptoms. By no stretch of imagination can this be called unscientific. Simultaneously, the preparation of potencized medicine also follows a definite system and there is no guesswork involved at any stage. The results achieved in myriads of prescriptions of potencized medicine provide the solid rock of scientific proof on which homoeopathy stands and shines. Homoeopathy is like pure gold which does not require a certificate to prove its value. It has stood the test of time and usage.

Homoeopathy is a system of medicine that uses natural substances. These natural substances come from the mineral, vegetable and animal kingdoms.

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Homoeopathic remedies are manufactured in a manner that does not render them toxic. There are no side effects.

Homoeopathy has used ordinary substances like vegetable charcoal and table salt for obtaining remarkable cures. Carbo Veg which is a homoeopathic preparation from vegetable charcoal is one of the finest medicines for debility, for acidity, chronic or otherwise, and for cyanosis which refers to blueness of the skin in a number of emergencies and diseases. Natrum Mur, that is, common salt, is a great medicine in homoeopathic doses, for anaemia, for debility, for intermittent fevers like malaria and for coryza.

Metals like gold, silver, platinum and minerals like sulphur, arsenic and antimony, have all been made to serve the mission of homoeopathy. Substances available in the herbal, mineral or animal kingdoms have been transformed by potencization into invaluable medicines for acute as well as chronic problems.

No reasonable person or government can overlook the benefits of the homoeopathic system of medicine. Firstly, as pointed out above, homoeopathic medicines are non-toxic. They do not have any side effects. Secondly, very few visits to the doctor are required. It is possible for literate people to take care of their day to day problems through a study of available homoeopathic literature. Thirdly, it is not necessary to go to a pathological laboratory unless one faces a serious problem.

The homoeopathic treatment is a symptomatic treatment. Symptoms as apparent are recorded and analysed in order to choose a medicine. Fourthly, the cost of medicine is negligible. It is not a burden even on the poorest of the poor.

AN EXCELLENT CURE, AT NOMINAL COST. THAT IS HOMOEOPATHY.

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Dr. Samuel Hahnemann

A Genius and an Innovator.

Dr. Samuel Hahnemann was a brilliant chemist, a learned physician, and a pioneer in medical science. He was also a man of great culture.

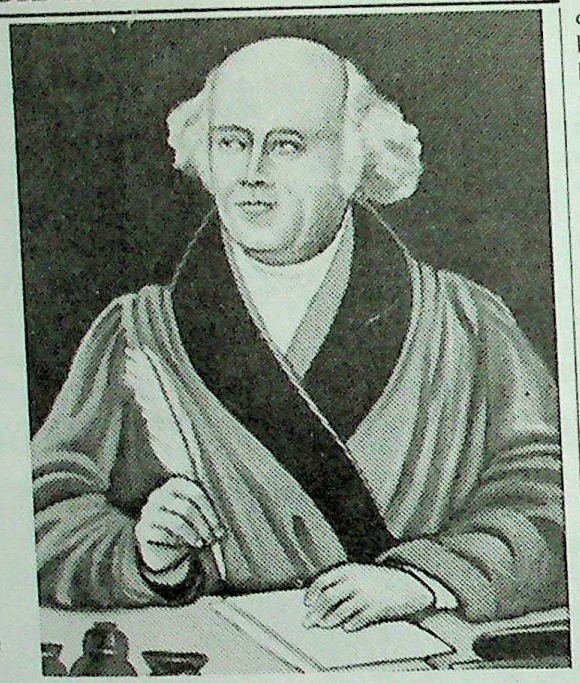
His literary legacy runs into tens of thousands of pages of original writings and translations. He had an excellent command over Greek, Latin, German, French and English.

Dr. Hahnemann was born on 11th April 1755, in the German town of Meissen. Situated on the river Elbe, Meissen was known for its porcelain and vineyards. In his autobiography he says that these circumstances probably contributed to his appreciation of nature as he grew up. His father, C.G. Hahnemann, was a painter.

The father was also a miser. Despite his total lack of support, young Samuel Hahnemann managed to study medicine in Leipsic. He later practised in Vienna, becoming Doctor of Medicine in 1779. In 1781, he got a minor job as medical officer for health in Gommern, a small town. Here he fell in love with Henriette Kuchlerin, the step-daughter of an apothecary. They married on 17th November 1782.

Even before his prime, poverty compelled Dr. Hahnemann to work hard. This habit proved invaluable, and lasted him throughout his life. To supplement his earnings, he gave tuitions in French and German, and translated English works into German.

Early in his career Dr. Hahnemann developed a great interest in chemistry and the properties of drugs used in medicine. It was at this stage that he studied mining science and metallurgy. His deep understanding of chemistry played no small part in



Dr. Samuel Hahnemann

the development of his ideas on the new system of homoeopathy.

Bursting with ideas, the young Dr. Hahnemann began writing original articles on medicine and other subjects. One of his earliest important articles appeared in 1784 - "The Directions for Curing Old Sores and Indolent Ulcers".

It is evident from this article that Dr. Hahnemann was already asking the right questions. He was dissatisfied with his medical knowledge, and with medical science in general. For example, the fashionable treatment for old ulcers simply resulted in replacing one old wound with several. Most physicians just refused to treat the problem. This callousness deeply disturbed Dr. Hahnemann.

Meanwhile, he was already breaking new ground by stressing the importance of cleanliness, hygiene and diet-control for the ill. In an early article he advised strongly against their being given alcohol and coffee.

From 1785 to 1789, Dr Hahnemann's output was an awesome 2,200 printed pages that included translations, original works and essays. And this was in addition to the hard work he had to put in for his job.

Dr. Hahnemann recognised the insignificance of the medical knowledge of those times. He tirelessly denounced prevalent therapeutic methods. In "Arsenic Poisoning", written around this time, he criticized the tendency of medical practitioners to gloss over symptoms. This stress on symptoms was to be a cornerstone of homoeopathic diagnosis in his yet-to-be-formulated theories.

In 1790 Dr. Hahnemann attacked blood-letting, purgatives, fever remedies, weakening diets, and other such widely used treatments.

He sought the truth constantly and tirelessly. He wanted to know why a particular drug was used for a particular illness.

In 1790, he happened to translate a "Treatise on Materia Medica" by Dr. Cullen, a celebrated medical teacher. In it was a passage that defended the efficacy of Peruvian bark in the treatment of malaria, etc. through its "tonic effect on the stomach".

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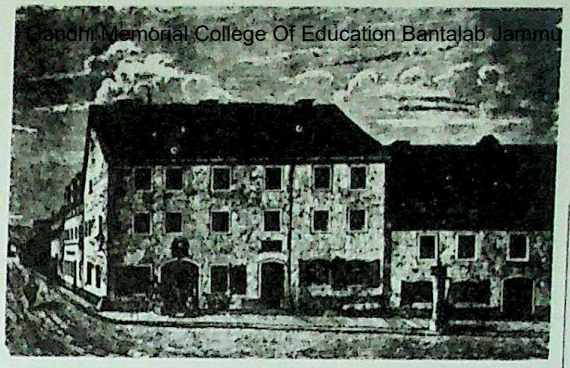
Dr. Hahnemann's Birthplace, Meissen



Dr. Hahnemann was intrigued. He decided to verify the effects of Peruvian bark by experimenting on his own system. He wanted to discover the principle behind the effects of this drug. For a few days, twice every day, he took 4 drachms of pure medicine. To his surprise he found that "symptoms typical of intermittent fever, such as the stupefaction of the senses, a kind of rigidity of all joints but above all the numb, disagreeable sensation which seems to have its seat in the periosteum or all the bones of the body - all made their appearance. This paroxysm lasted for 2 to 3 hours every time and recurred when I repeated the dose and not otherwise. I discontinued the medicine and I was once more in good health".

Rejecting Dr. Cullen's theory, Dr. Hahnemann propounded his own: "Peruvian bark, which is used as a remedy for intermittent fever, acts because it can produce symptoms similar to those of intermittent fever in healthy people". Partly through intuition and partly through logic, Dr. Hahnemann concluded that "substances which produce a form of fever dissolve the types of intermittent fever". The findings of this experiment formed the basis of the law he later formulated, "Like cures like".

All this while, he continued to practice medicine. Around 1792 he developed an interest in psychiatry and the treatment of mental patients. Again, he broke with orthodoxy. He opposed the practice of physically punishing the insane because "... there can be no punishment for involuntary actions, and because these patients deserve nothing but pity, and are always made worse and not better by such rough treatment". He said that physicians in charge of mental patients should try to win their respect and confidence. The mentally deranged were not responsible for their actions,so even when they became violent or abusive, it was unfair to react with anger. All this while, he constantly practised what he preached through medical journals.

Already (1792-1800), Dr. Hahnemann was moving away from the prevalent practice of prescribing large quantities of drugs, alone or in mixtures.

In 1796 he began his campaign against drug-mixtures. Though his argument seems obvious today, it was shocking and original for its time. According to it, every medicinal substance had a specific powerful action on the human body. Because each medicine had a different action, these actions could not be reconciled when the medicines were mixed. Also, it was impossible to judge the effect of a drug-mixture because the effects of different drugs could not be reduced to mathematical values from which a precise resultant force could be worked out.

Dr. Hahnemann constantly stressed the importance of hygiene and a correct diet in the day-to-day life of a community. Incredible as it may seem, the narrow tortuous streets of European cities at that time had absolutely no drains -"the towns had no public arrangements for the removal and disposal of refuse and decaying matter". Drinking water was in short supply - bathing a luxury. Not surprisingly, epidemics were common.

In a pamphlet called "Friend of Health", Dr. Hahnemann recommended frequent baths, ablutions, regular exercise in the open, and clean roads, beds and body linen. Fresh air should be allowed into homes, and patients should avoid excessive physical or mental exertion or violent emotion. According to Dr. Richard Haehl, an eminent biographer of Dr. Hahnemann, these entertaining and instructive eassys are a pleasure to read even today. Hahnemann shows in them his mastery of the German language. "Grave and forcible, even frankly indifferent when need arises, yet full of humour and satire where the subject permits; at times chatting easily and cheerfully and at other times giving grave advice; using now the dialogue and now the letter form, entering into an instructive discussion with the wonderful variety and most skillful and forcible use of language, Hahnemann turns to his readers in these works".

"Dr. Hahnemann wrote that the only infallible path to salvation lay through a proper diet. In both acute and chronic diseases, a moderate and strict diet was essential."

In whatever he wrote, he blazed new paths. Whether he was advising mothers on babies, or everyone on the importance of exercise and hygiene, he could not help coming up with new ideas. He pleaded that more room be given to prisoners for reasons of hygiene. He asked women to discard clothing that was too tight - especially the corset, which compressed the blood vessels and caused varicose veins.

Dr. Hahnemann believed that the truth could be arrived at only through experience. Through his many activities he was groping towards a system of medicine that did not suffer from the serious flaws of the prevalent one.

By 1796 he became convinced that as a first step in the treatment of a sickness, a doctor must

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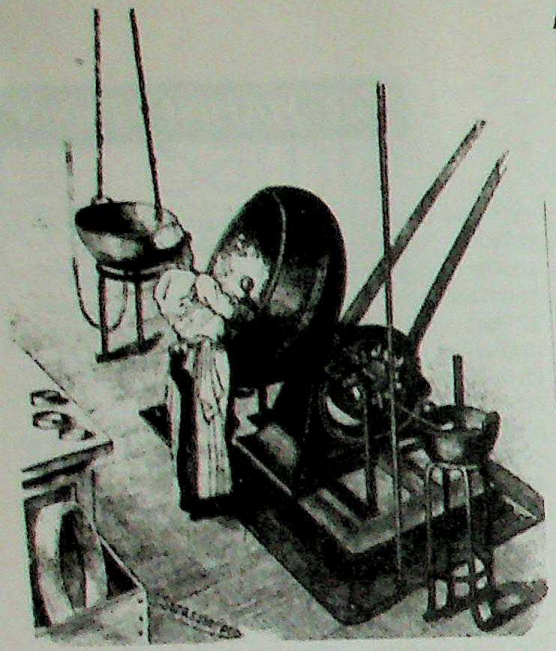

Manufacture of Pills

know the effects a medicine would have in its pure form on a healthy human being. This could be done by conducting experiments on healthy volunteers in precisely defined conditions. Only by this means "can the true nature, the real effect of the medicinal substance be conscientiously discovered; from them alone can be ascertained to what malady they are safely and successfully adaptable".

This first conscious step towards the new doctrine of healing was followed immediately by the second, in the following principle: "Every effective remedy incites in the human body a kind of illness peculiar to itself, the more peculiar, the more marked and the more acute, according as the medicine is the more effective. One should imitate nature, which, at times, heals a chronic disease by another additional one. One should apply in the disease to be healed, particularly if chronic, that remedy which is able to stimulate another artificially produced disease, as similar as possible; and the former will be healed - Similia Similibus - likes with likes".

This principle of homoeopathy, a word coined and used by Dr. Hahnemann, was set down in contrast to Contraria Contraris, the other therapeutic method prevalent at that time and named allopathy. Dr. Hahnemann found that healing opposites by opposites was not based on any sound principle. In chronic diseases it played havoc. Similarly the palliative treatments of constipation by laxatives, of blood surgings by the opening of a vein for letting blood, of acid eructations with alkalies, or of chronic pain with opium, were harmful in the long run even if they did provide immediate relief. He asked doctors to abandon this path. This path, he warned the medical fraternity, led ultimately to an abyss. He urged them to take the path of rooting out sicknesses by specific means,i.e., by investigating the symptoms that medicines gave rise to in the human body, and using the results in the cure of illnesses with similar symptoms.

Dr. Hahnemann found it to be an axiom that every medicine produces quite definite results, and so for every correctly diagnosed malady only one particular medicine is the correct remedy. Which was why medicinal mixtures were inadvisable.

The question of dosage has always been crucial - and difficult. Usually, medicines were given in gross quantities, as powders or liquids.

As has so often happened in the history of scientific progress, an accident gave Dr. Hahnemann a new insight into the effects of overdosing. "A Case of Rapidly Cured Colicodymia", which he published in 1797, tells of a patient who believed he had a tapeworm in his digestive system. He had already tried more than sixteen allopathic remedies without success. Dr. Hahnemann, working on the principle of "Like cures like," prescribed for him Veratrum Alb.

The patient was given 4 powders of 4 grains, to be taken in single early-morning doses for four days. But the patient tried to speed up his cure and finished the medicine in less than two days. This greatly aggravated the illness and soon he was on the verge of death.

Medication was immediately stopped, and fortunately the patient recovered. The illness never recurred. Dr. Hahnemann concluded that doses that were too strong and too frequent caused artificially, in an acute form, the very illness they were supposed to cure. So it was necessary to reduce the quantity of medicine in each dose.

In addition to his practice and some other jobs he had to take up, Dr. Hahnemann had been for some time now working on the revolutionary principles that would form the basis of "The Organon", his soon-to-be-published masterwork. But with only crude diagnostic aids available in those days, he was unable to study the internal bodily changes that caused diseases.

In "Therapy of Experience", he stated: "The curative art is a science of experience. It is occupied with the annihilation of disease by helpful remedies. The knowledge of the diseases, the knowledge of the helpful remedies and the knowledge of their application form the art of healing. Even though we may not be able to discover the internal bodily changes underlying the diseases, yet a survey of their external causes is of some avail. No change takes place without cause. Diseases must have their causes of origin, however much they remain hidden from us in most cases.

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DR. HAHNEMANN

In the summer of 1811, all the work he had done till then culminated in "The Organon of Rational Healing", his most important written work. For this book he used as motto a quote from Horace, the Roman poet:"Sapere Aude", or "Dare to be wise". A synopsis of this declaration of principles of the revolutionary new science of healing called Homoeopathy appears elsewhere in this book.

The internal nature of every disease, of every individual case of disease, is expressed by the existing symptoms, as far as it behoves us to know for purposes of curing".

Here we see the development of his theory that the outward symptoms are manifestations of the internal disease, and so are crucial to diagnosis, and the prescription of medicine. He was sure at this stage that the smallness of a dose did not matter. If the medicine was correct, it would definitely help the body fight the disease. In fact he believed large doses aggravated the disease, because any medicinal substance could cause an adverse reaction unless administered in a proper dose.

At this stage, this great chemist turned his attention to the nature of poisons. "Medicines become poisonous simply by imperfect use; in themselves no medicines are poisonous. Ignorance frequently causes death by an overdose of medicine wrongly applied, even though the medicine may be weak enough. On the other hand, the true physician frequently saves patients suffering from the most dangerous and peculiar symptoms, by careful use of the strongest medicines".

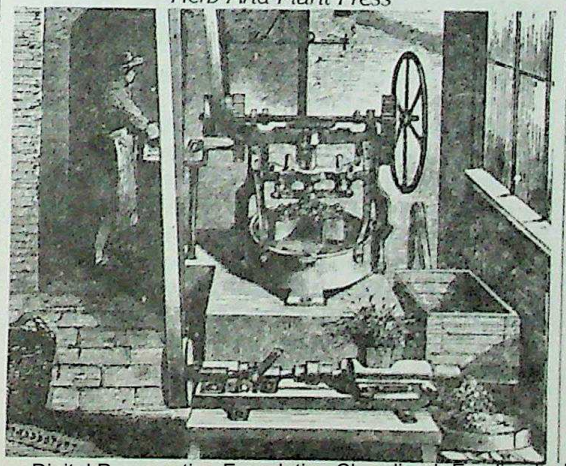
He was already thinking in terms of using the tenth of a grain of medicine or, for the stronger medicines, the hundredth or the thousandth or even, for the very strongest, the trillionth and quintillionth.

He could see no reason why the more potent drugs, used in very small doses, should be dismissed as poison. According to him the greater the effect of a dose on the healthy human organism, the greater its medicinal value. He dared his contemporaries to free themselves from their preconceptions and think for themselves.

From the summer of 1811 onwards, Dr. Hahnemann was employed as a lecturer at Leipsic University. Though Germany's medical fraternity criticised his "Organon" virulently, he continued to give lectures on his new system. His lectures drew quite a few medical students, doctors, representatives of professionals and also the plain curious. His frequent, strongly worded attacks on the condition of medical science did not endear him to the medical fraternity.

He was beginning to age by now, with a hard, difficult youth behind him. For years he had laboured hard and earned little. Arrayed against him now were the entire medical fraternity, and he found himself unable to practice social graces. He believed in what he had to say, and he said it fearlessly, without mincing words.

Herb And Plant Press



He made it clear in the "Organon", and elsewhere, that he believed his new doctrine was inspired by God. That explains the missionary zeal with which he lectured, sometimes raved, about his discovery and its potential for healing the sick.

Perhaps he needed a Public Relations Officer. But even in the absence of one, his transparent sincerity helped him attract a group of young students. They worshipped him, stood by him, and provided him with volunteers for proving drugs on healthy human beings. Without these volunteers the homoeopathic materia medica would have come into existance much later than it did.

In the proving of medicines Dr. Hahnemann again broke new ground. In investigating the effect of medicinal potencies on healthy subjects homoeopathy reached its pinnacle. For the first time, the exact action of a drug on the human body could be scientifically studied and proved. Guesswork was eliminated.

His growing practice and teaching engagements in Leipsic left him very little time. Even so between 1811 and 1821 he managed to complete, in 6 parts, "Materia Medica Pura".

Dr. Hahnemann's growing popularity with patients, his sharp tongue and his practice of dispensing his own medicine made him many enemies. Particularly the apothecaries, whose monopoly in the drug-trade was threatened. On 16th December, 1819 a case was brought against him, and he was ordered by the court to stop distributing medicine.

But he continued treating rich and poor, earning the praise of Goethe, the great poet. In the meantime a royal decree allowed him to continue, on a smaller scale, the preparation of his own medicine.

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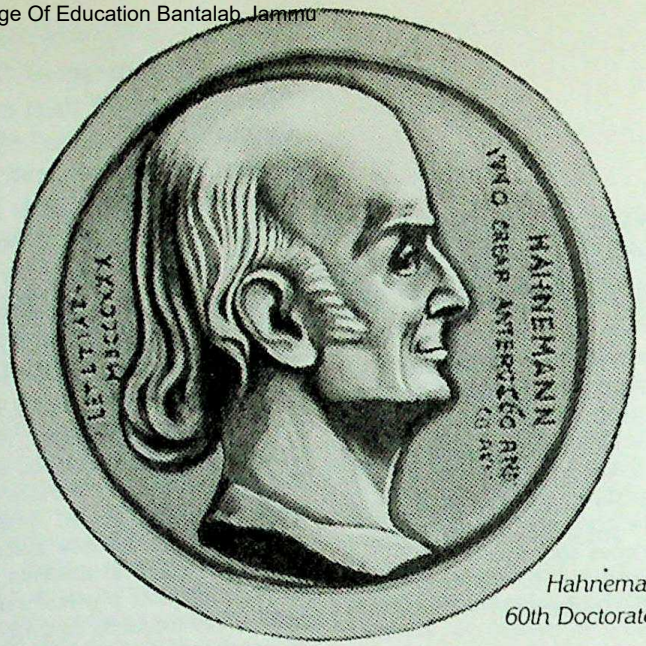

Hahnemann's Relief
60th Doctorate Jubilee by Waltrack.

But working conditions in Leipsic had become intolerable. He was friendless in the university, except for a few devoted students. Virtually none of his professional colleagues or fellow-chemists associated with him. Finally, in June, 1821, he left Leipsic to settle in Kothen, a small town with a population of 6,000.

Here, too, vested interests opposed him. But Dr. Hahnemann was nothing if not a fighter.

In 1822 one of his disciples, Dr. Stapf, began the "Archive for the Homoeopathic Science of Healing" - the first periodical of homoeopathy. In it, replies to various challenges posed to Dr. Hahnemann were published. In 1825 essays began appearing on the great man's life and works.

But he had begun withdrawing from public life. He purchased a house and, with wife and children, settled down to a typical German domestic life. In the midst of an intimate circle of family - members and friends, recorded one of them, "the silver-haired old man, with deep brow arched and thoughtful, with keen eyes full of fire and a calm, searching face", lived and was happy. His circle included not only his students but also scholars on other subjects who respected his doctrine. The old man would occasionally lose his temper, but by and large preferred people to speak their minds even if they disagreed with him.

They assisted eagerly in the preparation of his medicines, and volunteered for the provings of drugs. Most people who came to him for treatment became converts to homoeopathy. And the more others ridiculed him, the more supportive were his family and admirers.

In 1828 was published "Chronic Diseases", his last great work. Since 1816, he had been working on the resistance of many serious sicknesses to homoeopathic medicines. The treatment of chronic illnesses has exercised the minds of physicians for centuries, and even today there are no satisfactory answers.

He divided chronic diseases into three basic categories: gonorrhoea or fig-wart; syphilis or venereal chancre; and psora, which is at the bottom of all itch eruption.

He was sure that the origins and causes of gonorrhoea and syphilis were different. He wrote that only if they were internally treated could they be cured. Local treatment was futile. Later studies have shown that gonorrhoea, etc. may cause serious deterioration of the bodily functions and that the diseases may lie latent for tens of years. Dr. Hahnemann's views about the nature of syphilis, and its treatment by mercury preparations, are quite modern.

Psora was a term used for a number of skin problems. According to Dr. Hahnemann psora, the internal itch is completely different from the external ailment, the primary eruption. Psora, he said, is a hereditary disease or disposition to disease that is passed from generation to generation for hundreds of years. It is the breeding ground for every possible diseased condition. It is the most infectious of all diseases.

Since his time, medical science has made great progress in the understanding and treatment of chronic diseases. Today, Dr. Hahnemann's contention that suppressing skin eruptions can result in serious complications is appreciated more than ever. His deep insight into these problems enabled him to see that skin diseases have their origin in other organs of the body like the stomach, abdomen, liver, even the nervous system. The various organs of the body act and react with each other and cause sicknesses, the reasons for which are not always understood.

In this area, too, he was far ahead of his time. He pinpointed the dangers of a purely local treatment for external diseases.

On 10th August, 1829, Dr. Hahnemann's disciples and friends celebrated the golden jubilee of his doctorate.

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"My dear sir, the sooner you marry, the better! Marriage is a general specific for body and soul."

"And yet you yourself are a widower?"

"That does not say that I shall always be so."

SAMUEL HAHNEMANN, in a conversation with M.L. Auquier, May 22nd, 1833.

On 31st March, 1830, his wife died. She had borne him 11 children.

In 1831-32 there was a cholera epidemic in Western Europe. Dr. Hahnemann's success in tackling it greatly advanced the cause of homoeopathy.

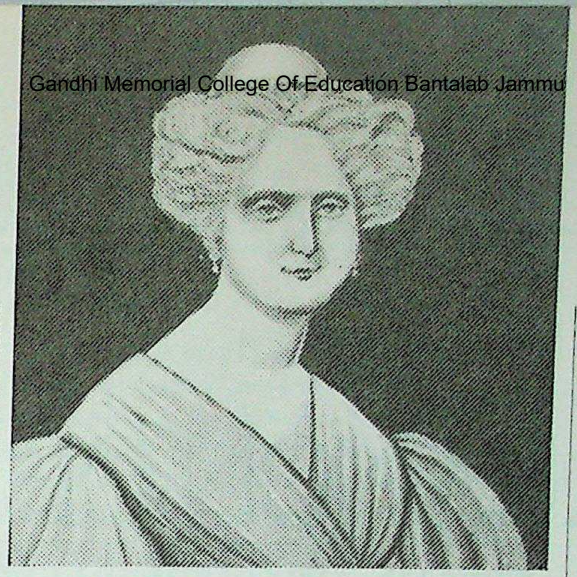
He wrote dissertations on cholera and administered medicine. He recommended the use of Camphor as a curative as well as a protective remedy in the first stage. For the more advanced second and third stages, he recommended the use of Cuprum Met, Veratrum Alb, Bryonia and Rhus Tox. He also recommended hygienic conditions to make the infection and spreading of cholera impossible.

Dr. Hahnemann's recommendations are as valid today as ever. Without the aid of the microscope, he pointed out that some organisms of a lower order were responsible for the spread of cholera. The procedures he outlined for isolation and disinfection have stood the test of time. In homoeopathy, only a couple of other remedies for cholera have been added after him (Arsenic Alb and Carbo Veg).

Here was a man of 76 thinking clearly and coming up with wide-ranging solutions to a disease that used to cause wide-spread havoc.

The concluding chapter of Dr. Hahnemann's life begins almost like a novel.

By now he was settled in Kothen. On 8th October, 1834, Mademoiselle Marie Melanie D'Hervilly entered his life as a patient. She was very pretty, smart and personable, and they were



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soon in love. It matters little who proposed to whom, but only three months later, on 18th January, 1835, they married. His enemies of course took this late marriage as another opportunity to mock and jeer.

Isolated from his children and grandchildren, he drew up a fresh will. Almost all the property actually with him at the time, and whatever he would acquire in future, was left to his French wife. On 7th June, 1835 they left for France.

No tears were shed in Germany on his departure, but the French homoeopaths were delighted. He began to practice in Paris. His wife became a doctor and assisted him, and he was soon making a lot of money. They moved to larger quarters, hired servants etc. His booming practice included the rich and powerful of Paris. He wrote little at this time, enjoying a life of well-deserved opulence and comfort with his charming wife looking after him. He was almost completely cut off from his earlier family.

For some years now, he had been suffering from bronchial catarrh. In April, 1843, at the age of 88, he fell ill. His condition gradually deteriorated. At 5 a.m. on 2nd July, 1843 at his home in No.1, Rue de Milan, he passed away.

The manner of his burial was shocking and inexplicable, especially for so remarkable a man. On 11th July his wife had him buried in

DR. HAHNEMANN

Mrs. Marie Melanie Hahnemann

Montmartre cemetery - without priest, prayer, or funeral music. The time of the burial was kept a secret, and nobody was invited.

So ended the life of a giant. He founded a system of medicine that was to benefit generations. He personally proved 100 medicines, "wrote more than 70 original works on chemistry and medicine, running into several thick volumes and translated about 24 works from English, French, Italian and Latin on chemistry, agriculture, and general literature". He taught, lectured, wrote hundreds of letters. In addition to his extensive practice he took an interest in subjects as diverse as Botany, Astronomy, Meteorology and Geography. An accomplished writer, he used German with wit, vigour and sensitivity. He mastered many languages.

He believed that promoting his new science of healing was a God-given mission, and in the provings of medicines he risked the lives and health of his children and himself. Throughout his life he worked long hours. From penury he rose to great riches.

Today, homoeopathy is practised in many countries. Those who have benefited from the system think of Dr. Samuel Hahnemann with gratitude and affection. Their number grows everyday - and with it, the reputation of that great man.

(This biographical note is exclusively based on a brilliantly written biography of Samuel Hahnemann by Dr. Richard Haehl, published in May, 1922. For anyone interested in homoeopathy as a system, it is highly recommended.)

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ORGANON OF MEDICINE

BY DR. SAMUEL HAHNEMANN

In ORGANON OF MEDICINE you will find answers to many a question which come to your mind on the homoeopathic system of healing.

- Why does a drug cure sickness?
- What is the meaning of "Like cures Like"?
- What is the significance of the symptoms of a sickness?
- What is the miracle of the small dose?
- How is a medicine "proved"?
- What is the significance of different lines of treatment in acute and chronic diseases?
- Why should the mental disposition of the patient be given importance in diagnosis?
- What is homoeopathic aggravation?
- What is the necessity for diet restrictions?

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ORGANON OF MEDICINE BY DR. SAMUEL HAHNEMANN

A Synopsis

In ORGANON OF MEDICINE,

Dr. Samuel Hahnemann laid down the fundamentals of the then-new doctrine of homoeopathy. As observed by him in the 'Introduction' to this work, till then no one had ever taught this homoeopathic mode of cure, no one had carried it out in practice.

Dr. *Hahnemann was upset by the ignorance and the waste in the prevalent medical system of healing, in which the patient's blood was shed to bring about a dubious cure, or new or chronic medicinal maladies were generated by means of the prolonged use of wrong, powerful medicines of unknown properties.*

Dr. Hahnemann was of the view that the art of the medical practice "should, rapidly and mildly, effect an unalloyed and permanent cure, and restore to health by means of the smallest doses of a few simple medicines carefully selected according to their proved effect, by the only therapeutic law conformable to nature, that is, Similia Similibus Curentur".

Dr. Hahnemann put down the results of his lifelong observation and practice in ORGANON OF MEDICINE. *He went on revising the book and his last corrected draft was published as the Sixth Edition. Most parts of this learned treatise require repeated reading. The following is a synopsis made as far as possible in the words of Dr. Hahnemann himself, in order to give the reader of this book an idea of the basic principles of homoeopathy as propounded by the founder of the system.*

"The physician's high and only mission is to restore the sick to health, to cure, as it is termed."

"The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles."

The unprejudiced observer of a sick person takes note of nothing in every individual disease except the changes in the health of the body and of the mind which can be perceived externally by means of the senses. "All these perceptible signs represent the disease in its whole extent, that is, together they form the true and only conceivable portrait of the disease."

"A single one of the symptoms present is no more the disease itself than a single foot is the man himself."

As far as the doctor is concerned, the disease consists merely of the totality of its symptoms. He need only eradicate these in order to cure the disease. The cause which gives rise to the illness or perpetuates it, is to be removed. A palliative treatment centred round one single symptom should not be considered.

" Substances, which are used as medicines, are medicines only in so far as they possess each its own specific energy to alter the well-being of man through dynamic, conceptual influence, by means of the living sensory fibre, upon the

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conceptual, controlling principle of life. The medicinal property of those material substances which we call medicines proper, relates only to their energy to call out alterations in the well-being of animal life. Only upon this conceptual principle of life, depends their medicinal health-altering, conceptual (dynamic) influence."

"Thus every special medicinal substance alters through a kind of infection, that well-being of man in a peculiar manner exclusively its own and not in a manner peculiar to another, medicine, as certainly as the nearness of the child ill with small-pox will communicate to a healthy child only small-pox and not measles."

"These medicines act upon our well-being wholly without communication of material parts of the medicinal substances, thus dynamically, as if through infection. Far more healing energy is expressed in a case in point by the smallest dose of the best dynamised medicine, in which there can be, according to calculation, only so little of material substance that its minuteness cannot be thought and conceived by the best arithmetical mind, than by large doses of the same medicine in substance. That smallest dose can therefore contain almost entirely only the pure, freely-developed, conceptual medicinal energy, and bring about only dynamically such great effects as can never be reached by the crude medicinal substance itself taken in large doses."

"Now, however, in all careful trials, pure experience, the sole and infallible oracle of the healing art, teaches us that actually that medicine which, in its action on the healthy human body, has demonstrated its power of producing the greatest number of symptoms similar to those observable in the case of disease under treatment, does also, in doses of suitable potency and attenuation, rapidly, radically and permanently remove the totality of the symptoms of this morbid state, that is to say, the whole disease present, and change into health; and that all medicines cure, without exception, those diseases whose symptoms most nearly resemble their own, and leave none of them uncured."

"As this natural law of cure manifests itself in every pure experiment, it matters little what may be the scientific explanation of how it takes place."

"Every real medicine acts at all times, under all circumstances, on every living human being, and produces in time its peculiar symptoms, distinctly perceptible, if the dose be large enough."

"In order that a medicine may effect a cure, it is before all things requisite that it should be capable of producing in the human body an artificial disease as similar as possible to the disease to be cured."

Even the uncommonly small doses of medicine used in the homoeopathic cure, after destruction of the malady, leave a certain trace of medicinal disease in the organism. But, on account of extraordinary minuteness of the dose,

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this trace is so transient, so slight that it disappears rapidly of its own accord.

A natural disease can never be cured by medicines that possess the power of producing in the healthy individual an alien, morbid state, and symptoms which differ from those of the disease to be cured.

The only possible mode of treatment of diseases is the homoeopathic one in which there is employed for the totality of the symptoms of a natural disease, a medicine capable of producing the most similar symptoms possible in the healthy individual, given in a suitable dose.

The first part of a physician's job is to know the totality of the symptoms of a sick person. The second part of this knowledge is to know as to what effects a medicine in its pure from can produce on a healthy individual. This power of medicines can only be observed by administering them in gross doses to healthy human beings. If in order to ascertain the effect of a medicine on the human system it is given to a sick person only, little or nothing precise can be seen of its true effects because the peculiar alterations of the health to be expected from the medicine are mixed up with the symptoms of the disease and can seldom be distinctively observed.

"Therefore medicines, on which depend man's life and death, disease and health, must be thoroughly and most carefully distinguished from one another, and for this purpose tested by careful, pure experiments on the healthy body for the purpose of ascertaining their powers and real effects, in order to obtain an accurate knowledge of them, and to enable us to avoid any mistake in their employment in diseases, for it is only by correct selection of them that the greatest of all earthly blessings, the health of the body and of the mind, can be rapidly and permanently restored."

For proving a medicine, it must be taken in a perfectly simple, unadulterated form. It must be employed quite alone, pure, without the admixture of any foreign substance and without taking anything else of a medicinal nature the same day. Throughout the experiment the diet of the person on whom the experiment is being conducted must be strictly regulated. The person who is proving the medicine must be preeminently trustworthy and conscientious and during the experiment, he should avoid all overexertion of mind and body, all sorts of dissipation and disturbing passions. He must devote himself to careful self-observation and must not be disturbed whilst so engaged. The medicines must be tested on both males and females, in order to reveal the alterations of the health they produce in the sexual sphere.

The more moderate the doses of the medicine used for such experiments are, so much the more distinctly are the primary effects developed, and only these are most worth knowing.

All the sufferings, accidents and changes of the health of the experimenter during the action of the medicine are solely derived from this

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medicine and must be regarded and registered as belonging peculiarly to this medicine. The symptoms in such an experiment do not arise spontaneously but are produced by the medicine.

"If we have thus tested on the healthy individual a considerable number of simple medicines and carefully and faithfully registered all the disease elements and symptoms they are capable of developing as artificial disease-producers, then only have we a true materia medica - a collection of real, pure, reliable modes of action of simple medicinal substances, a volume of the book of nature, wherein is recorded a considerable array of the peculiar changes of the health and symptoms ascertained to belong to each of the powerful medicines."

"From such a materia medica everything that is conjectural, all that is mere assertion or imaginary, should be strictly excluded; everything should be the pure language of nature carefully and honestly interrogated."

"The third point of the business of a true physician relates to the judicious employment of the artificial morbific agents (medicines) that have been proved on healthy individuals to ascertain their pure action, in order to effect the homoeopathic cure of natural diseases."

If the selected homoeopathic remedy is administered properly, the acute natural disease which is to be overruled, if recently developed, will disappear imperceptibly in few hours.

An older, more chronic disease, however, will yield somewhat later together with all traces of discomfort, by the use of several doses of the same but more highly potencized remedy or after careful selection of one or another more similar homoeopathic medicine. Health, recovery, follows in imperceptible, often rapid transitions. Diseases of long standing, specially those of a complicated character, require for their cure, a proportionately longer time.

"Among the lists of symptoms of many medicines it will not be difficult to find one from whose separate disease elements an antitype of curative artificial disease, very like the totality of the symptoms of the natural disease, may be constructed, and such a medicine is the desired remedy."

"In this search for a homoeopathic specific remedy, that is to say, in this comparison of the collective symptoms of the natural disease with the list of symptoms of known medicines: in order to find among these an artificial morbific agent corresponding by similarity to the disease to be cured, the more striking, singular, uncommon and peculiar (characteristic) signs and symptoms of the case of disease are chiefly and most solely to be kept in view; for it is more particularly these that very similar ones in the list of symptoms of the selected medicine must correspond to, order to constitute it the most suitable for effecting the cure. The more general and undefind symptoms: loss of appetite, headache, debility, restless sleep, discomfort, and so forth, demand but little attention when of that

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vague and indefinite character, if they cannot be more accurately described, as symptoms of such a general nature are observed in almost every disease and from almost every drug."

"If the antitype constructed from the list of symptoms of the most suitable medicine contain those peculiar, uncommon, singular and distinguishing (characteristic) symptoms, which are to be met with in the disease to be cured in the greatest number and in the greatest similarity, this medicine is the most appropriate homoeopathic specific remedy for this morbid state; the disease, if it be not one of very long standing, will generally be removed and extinguished by the first dose of it, without any considerable disturbance."

A homoeopathic dose may cause a kind of slight aggravation when the dose has not been sufficiently small or has been somewhat too large for a few hours, This aggravation has a resemblance to the original disease. In reality, it is nothing more than an extremely similar medicinal disease, somewhat exceeding in strength the original affection. This slight homoeopathic aggravation during the first hours is a very good prognostic that the acute disease will most probably yield to the first dose.

In chronic cases, such increase of the original symptoms can appear only at the end of the treatment when the cure is almost or quite finished.

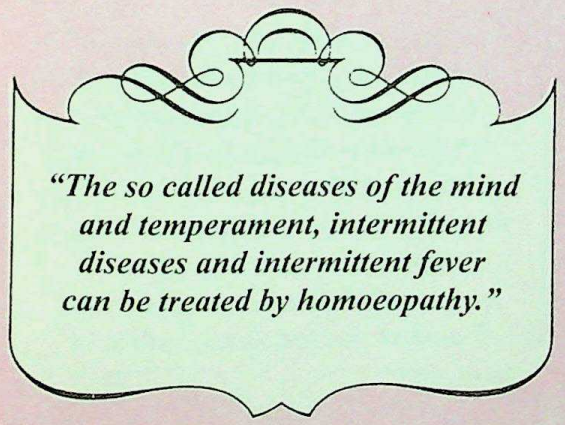
The external treatment of a disease having purely local symptoms is always injurious. The source of such a disease lies in some internal malady. No external malady can arise, persist or even grow worse without some internal cause. No eruption on the lips, no whitlow can occur without previous or simultaneous ill-health. "All true medical treatment of a disease on the external parts of the body that has occurred from little or no injury from without must, therefore, be directed against the whole, must effect the annihilation and cure of the general malady by means of internal remedies, if it is wished that the treatment should be judicious, sure, efficacious and radical."

All chronic ills and maladies must be healed from the inside by homoeopathic means, after information of previous treatment has been obtained.

The so-called disease of the mind and temperament, intermittent diseases and intermittent fever can be treated by homoeopathy.

"In all cases of disease we are called on to cure, the state of the patient's disposition is to be particularly noted, along with the totality of the symptoms, if we would trace an accurate picture of the disease, in order to be able thereof to treat it homoeopathically with success."

"This holds good to such an extent, that the state of the disposition of the patient often chiefly determines the selection of the homoeopathic remedy, as being a decidedly characteristic symptom which can least of all remain concealed from the accurately observing physician."



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"The Creator of therapeutic agents has also had particular regard to this main feature of all diseases, the altered state of the disposition and mind, for there is no powerful medicinal substance in the world which does not very notably alter the state of the disposition and mind in the healthy individual who tests it, and every medicine does so in a different manner."

In chronic cases a carefully selected medicine may be given daily and for months, if necessary. A start may be made with a low degree of potency for a few weeks. Thereafter, a change may be made to a higher degree.

When to an observant practitioner it is evident after a lapse of a few hours that the patient is growing perceptibly, however slightly, worse from hour to hour, it is his duty to remedy his mistake, by the selection and administration of a homoeopathic medicine not merely tolerably suitable, but the most appropriate possible for the existing state of the disease.

"Among the signs that, in all diseases, especially in such as are of an acute nature, inform us of a slight commencement of amelioration or aggravation that is not perceptible to every one, the state of mind and the whole demeanor of the patient are the most certain and instructive. In the case of ever so slight an improvement we observe a greater degree of comfort, increased calmness and freedom if the mind, higher spirits - a kind of return of the natural states. In the case of ever so small a commencement of aggravation we have, on the contrary, the exact opposite of this: a constrained, helpless, pitiable state of the disposition, of the mind, of the whole demeanor, and of all gestures, postures and actions, which may be easily perceived on close observation, but cannot be described in words."

If improvement is delayed too long, there is an error in the choice of the medicine or in the conduct of the patient or there is some other interfering circumstance.

"The true physician will take care to avoid making favourite remedies of medicines, the employment of which he has, by chance, perhaps found often useful, and which he has had opportunities of using with good effect. If he were to do so, some remedies of rarer use, which would have been more homoeopathically suitable, consequently more serviceable, will often be neglected."

"Considering the minuteness of the doses necessary and proper in homoeopathic tratment, we can easily understand that during the treatment everything must be removed from the died and regimen which can have any medicinal action, in order that the small dose may not be overwhelmed and extinguished or disturbed by any foreign medicinal irritant."

"The most appropriate regiman during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery, and in supplying where necessary the revers: innocent moral and intellectual

"Considering the minuteness of the doses necessary and proper in homoeopathic treatment, we can easily understand that during the treatment everything must be removed from the diet and regimen which can have any medicinal action, in order that the small dose may not be overwhelmed and extinguished or disturbed by any foreign medicinal irritant."

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recreation, active exercise in the open air in almost all kinds of weather (daily walks, slight manual labor), suitable, nutritious, unmedicinal food and drink, etc."

"The homoeopathic system of medicine develops for its special use, to a hitherto unheard-of degree, the inner medicinal power of the crude substances by means of a process peculiar to it and which has hitherto never been tried, whereby only they all become immeasurably and penetratingly efficacious and remedial, even those that in the crude state give no evidence of the slightest medicinal power on the human body. This remarkable change in the qualities of natural bodies develops the latent, hitherto unperceived, as if slumbering hidden, dynamic powers which influence the life principle, change the well-being of animal life. This is effected by mechanical action upon their smallest particles by means of rubbing and shaking and through the addition of an indifferent substance, dry or fluid. This process is called dynamizing, potentizing (development of medicinal power) and the products are dynamizations or potencies in different degrees."

simple dilution is not equivalent to dynamization which raises the marvellous power of a drug.

The suitability of a medicine for any given case of disease does not depend on its accurate homoeopathic selection alone but likewise on the proper size or rather smallness of the dose. Too strong a dose of even a homoeopathically chosen medicine may prove injurious by its mere magnitude because every medicine does some harm and strong dose does grater harm.

"It would be a certain sign that the doses were altogether too large, it during treatment, especially in chronic diseases, the first dose should bring forth a so-called homoeopathic aggravation, that is, a marked increase of the original morbid symptoms first discovered and in the same way every repeated dose however modified somewhat by shaking before its administration (i.e., more highly dynamized)."

"A fundamental principle of the homoeopathic physician (which distinguishes him from every physician of all older schools) is this, that he never employs for any patient a medicine, whose effect on the healthy human has not previously been carefully proven and thus made known to him."

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HOMOEOPATHIC MEDICINES STORAGE AND DOSAGE

STORAGE

It would be advisable to store, in every household, the medicines listed immediately below in the indicated potencies, in a wooden box which is easily available for this purpose with dealers in homoeopathic drugs. One can order phials of 2 drams each, of pill-size 20, of the indicated potency and of mother tincture (pure medicine) where required.

The homoeopathic medicine chest should be kept in a cool, dry and dust-free place. It should be kept away from heat and direct sunlight. Perfumes and other substances having strong odours should not be stored nearby, not even Camphor, mother tincture, which is a medicine on our list. Homoeopathic medicine should never be kept in the kitchen where there would be heat as well as strong smells.

Care should be taken to cap a phial properly and tightly immediately after use.

It would be a good idea to arrange the medicines in your box alphabetically and label the top of the phials with paper slips carrying abbreviated names of the medicines.

PILL SIZE

The pill size 20 refers not to the potency but to the size of the globule through which the medicine is dispensed and later administered to the patient. We have found that size 20 is the most convenient to use.

In case a dispensing chemist does not have No. 20 pills in stock, you can order size 30 or 40. Only the globules would be bigger and you can take two globules instead of four per dose.

SHELF LIFE

The shelf life of homoeopathic medicines is almost indefinite if proper care as indicated above is taken in their storage. Of course it would not be necessary to store the medicines indefinitely because of use and the smallness of the packing recommended above.

Keep homoeopathic medicines, like all other medicines, out of the reach of small children or ignorant people.

No medicine should be taken without a proper understanding of its need and its effects.

A few of the medicines have to be used in the liquid form and as mother tincture, that is, as pure substances. These medicines too should be kept for use in the same medicine chest alongwith potencized tablets. However, Camphor mother tincture, should always be kept away separately. Its strong odour can damage other medicines lying nearby. The mother tincture is generally needed for external use as indicated elsewhere. But at times tinctures are used internally also.

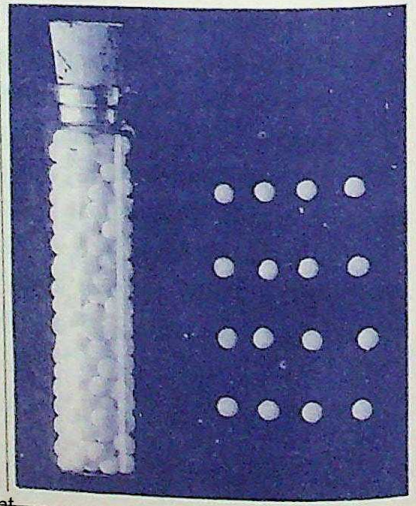
DOSAGE

The normal dose of homoeopathic medicine is 4 pills taken on a clean, dry tongue. The pills should be allowed to dissolve and ought not to be chewed. The mouth should be free of food or of any other matter like tooth-paste or drink or smoke. It is preferable to avoid eating or drinking anything for half an hour before and for half an hour after the administration of a homoeopathic dose.

ADMINISTRATION OF MEDICINE

The administration of a dose can be done either with the help of a stainless steel spoon or directly on to the tip of the tongue of the patient from the phial. It can also be taken from a clean slip of paper. One should avoid the use of a palm because most of the time a palm may be wet from sweat or may not be clean due to some other reason.

A very effective method of administering a homoeopathic dose is to dissolve 10 globules of the medicine into half a teacupful of luke-warm water. The solution should be stirred for 3 minutes with a stainless steel spoon, and then sipped over a period of 30 minutes. The next dose should be repeated after 4 hours. The liquid when sipped should be kept in the mouth for one minute and the patient should roll the liquid on the tongue to absorb as much of the medicine as possible. Thereafter, he should swallow the solution. This method of administration is specially useful in diseases like asthma and bronchitis.



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Suffering comes with sickness. With any medicine, we should not expect a miracle cure. A medicine must be allowed time to have its effect. This time lapse differs from individual to individual and it varies according to the severity of the malady. The patient should be given courage to bear the suffering which is an unavoidable part of human existence.

A properly chosen homoeopathic remedy should give relief within an hour or less. A feeling of relief will be experienced by the patient. If there is no relief, say, within an hour, either the dose needs repetition or the remedy prescribed needs reconsideration and change, according to the symptoms exhibited by the patient.

ACUTE CASES

In acute cases where problems are sharp, have severe symptoms and a short course, the indicated medicine can be given every fifteen minutes for the first hour. As soon as relief sets in, increase the interval to 4 hours, taking 3 more doses. If there is no improvement in the first 60 minutes, the choice of the medicine is wrong. On the other hand if recovery stops before a complete cure has occurred, the potency is to be increased. The medication should be discontinued as soon as a cure occurs.

CHRONIC CASES

In chronic cases, medicines with potencies of 200, 1000 (1M) or 10000 (10M) are more effective. These potencies go very deep into the system and effect remarkable cures. The medicine should be taken four times a day till a cure occurs. If recovery stops midway, it is time to raise the potency.

For children, ordinarily 30 potency should be used but there is no harm in raising the potency if the circumstances so require. In this book, potencies have been invariably indicated against the medicines in various sections. Hence, it should not be a problem to select the correct potency, whether for children or for adults.

Where more than one medicine is indicated, care should be taken not to mix the medicines. The indicated medicines should be taken at an interval of 30 minutes each. The number of doses per medicine per day can be adjusted to 3 or 2 depending on the number of medicines being used simultaneously.

Very often, it may not be necessary to repeat the dose a second time. We have seen cases where in an acute attack of gastroenteritis, the patient, passing frequent, loose, watery and rice white stools and suffering from uncontrollable attacks of vomiting, has been able to obtain relief with only one dose of Veratrum Alb 1000. Quite often, a severe, intolerable earache is taken care of with one dose of Belladonna 10,000, when a number of other medicines have failed. Thus, the frequency of a dose is to be decided upon according to the circumstances. Ordinarily 4 doses a day of the indicated medicine should be sufficient.

CHANGE OVER: LOW HIGH POTENCY

At times, the relief obtained may be insufficient because the potency selected is low. A change to a higher potency would bring results in a short while. It has been noticed for instance that in acute bronchitis Bryonia 30 just does not render much help while Bryonia 200 is very effective. Sometimes, a cure stops midway after a few doses. It is time to raise the potency from 30 to 200 or from 200 to 1000.

After an improvement has occured, the number of doses should be reduced from 4 to 3 the next day and 3 to 2 the day after and so on. At times, there may be a minor recurrence of the problem if the medicine has been stopped. In such a case, one more dose preferably of a higher potency, should suffice. In the alternative, one dose of Sulphur 200 would revive the effect of medicines already administered and complete the cure.

HOMOEOPATHIC AGGRAVATION

We should not lose sight of a phenomenon called "Homoeopathic Aggravation". This refers to a deterioration in the condition of a patient in case a remedy has been over-used or a potency has been selected which is higher than that required by the stage of the sickness. If this occurs, the way out is to stop administration of further doses. The patient would return to normal soon because the human body would eliminate the excess medicine through its own disposal system.

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RECOMMENDED MEDICINE CHEST IN EVERY HOME

** Camphor, mother tincture should be stored separately, away from other medicines. **

Packing: 2 dram No. 20 pills each or 2 dram in liquid form.

Mode of use: 4 pills on dry tongue or 1 drop in a teaspoonful of water, 4 times a day. In acute situations, administer the first few doses at 30-minutes interval.

1. ABIES NIGRA 200
2. ACONITUM NAPELLUS 30
3. ALLIUM CEPA 200
4. ALOE SOCOTRINA 200
5. ALUMINA 200
6. AMMONIUM CARB 200
7. ANTIMONIUM CRUDUM 200
8. ANTIMONIUM TART 200
9. APIS MELLIFICA 200
10. ARGENTUM NITRICUM 200
11. ARNICA MONTANA 200, 1000
12. ARSENICUM ALBUM 200
13. ARUNDO 200
14. AURUM MET 200
15. BARYTA CARB 200
16. BELLADONNA 200, 1000
17. BORAX 200
18. BRYONIA 200
19. CACTUS GRANDIFLORUS 200
20. CALCAREA CARBONICA 30
21. CALCAREA FLUORICA 30
22. CALENDULA Mother tincture or Ointment
23. CAMPHORA 200 Mother tincture
24. CANTHARIS 200 Mother tincture
25. CARBO VEGETABILIS 200
26. CAUSTICUM 200
27. CHAMOMILLA 30
28. CHINA OFF 200
29. CICUTA VIROSA 200
30. CIMICIFUGA 200
31. CINA 200
32. COCCULUS 200
33. COFFEA CRUDA 200
34. COLOCYNTHIS 200
35. CUPRUM METALLICUM 200
36. DROSERA 200
37. DULCAMARA 200
38. EUPATORIUM PERFOL. 200
39. EUPHRASIA 200
40. GELSEMIUM 200
41. GLONOINE 200
42. GRAPHITES 200
43. HAMAMELIS 200 Mother tincture
44. HEPAR SULPHURIS 200
45. HYPERICUM 200
46. IPECACUANHA 200
47. INFLUENZIM 200
48. KALI BICHROMICUM 200
49. KREOSOTUM 30
50. LACHESIS 200
51. LEDUM 200
52. LYCOPODIUM 200
53. MERCURIUS CORROSIVUS 30
54. MERCURIUS SOL 200
55. MILLEFOLIUM 200
56. MYRISTICA 200
57. NATRUM MURIATICUM 200
58. NITRIC ACID 200
59. NUX VOMICA 200
60. PHOSPHORUS 200
61. PODOPHYLLUM 200
62. PULSATILLA 30
63. RHUS TOXICODENDRON 200, 1000
64. RUTA GRAVEOLENS 200
65. SANGUINARIA 200
66. SEPIA 200
67. SILICEA 200, 1000
68. SPIGELIA 200
69. STAPHYSAGRIA 200
70. SULPHUR 200
71. THUJA 200
72. VERATRUM ALBUM 200, 1000

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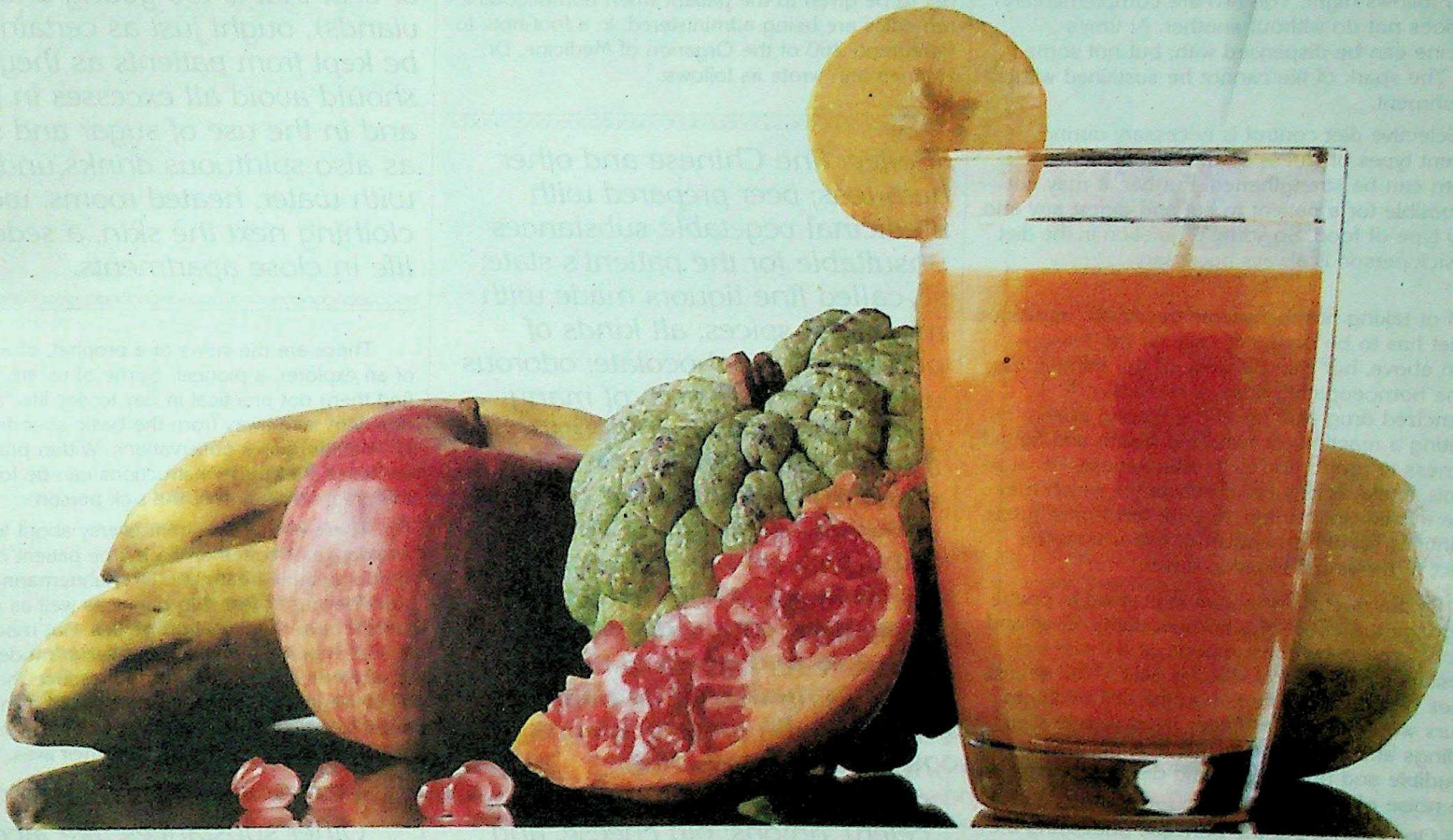
DIET CONTROL

During Homoeopathic Treatment



A well chosen and regulated diet is important for a sick person as much as for a healthy person. While a few live to eat, most of us eat to live. The quality of living depends on well balanced, properly selected, nutritious, clean and healthy food. Our body needs nourishing food for its life and health, to repair its wear and tear, to fuel its metabolism and movement, to energise our physical activities and to sustain our mental capabilities.

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And because food makes for a healthy body, its importance increases in nursing a sick body to health. In sickness a proper diet follows medicine as day follows night. The two are complementary. One does not do without another. At times medicine can be dispensed with; but not some food. The spark of life cannot be sustained without nourishment.

Selective diet control is necessary during different types of illness so that the weakened system can be strengthened. Further, it may not be possible for a patient to eat and digest any and every type of food. So some regulation in the diet of a sick person is always necessary.

For taking homoeopathic treatment, regulation of diet has to be done not only for the reasons given above, but also because of the minuteness of the homoeopathic dose of medicine. A potencized drug acts upon the human system by creating a reaction for restoring health and fighting sickness in proportion to its minuteness. Because of this, intake of any other substance which may have a medicinal action, in pure form or in gross quantities, would extinguish or overwhelm the effect of the homoeopathic dose.

Dr. Samuel Hahnemann expressed in poetic language the effect of a homoeopathic dose and its obliteration by consumption of a medicinal substance as a part of diet. He said, "The softest tones of a distant flute that in the still midnight hours would inspire a tender heart with exalted feelings and dissolve it in religious ecstasy, are inaudible and powerless amid discordant cries and the noise of day."

One cannot put the principle underlying the choice of diet during homoeopathic treatment in better words.

It was Dr. Hahnemann's thesis that substances which have medicinal properties, strong smells, substances which are intoxicants, substances which may be stale, decomposed or rotten, ought not to be given to the patient when homoeopathic remedies are being administered. In a foot-note to Paragraph 260 of the Organon of Medicine, Dr. Hahnemann wrote as follows:

"Coffee; fine Chinese and other herb teas; beer prepared with medicinal vegetable substances unsuitable for the patient's state; so-called fine liquors made with medicinal spices; all kinds of punch; spiced chocolate; odorous waters and perfumes of many kinds; strong-scented flowers in the apartment; tooth powders and essences and perfumed sachets compounded of drugs; highly spiced dishes and sauces; spiced cakes and ices; crude medicinal vegetables for soups; dishes of herbs, roots and stalks of plants possessing medicinal qualities; asparagus with long green tips, hops, and all vegetables possessing medicinal properties, celery, onions; old cheese, and meats that are in a state of decomposition, or that possess medicinal properties (as the flesh and fat of pork, ducks and geese, or veal that is too young and sour viands), ought just as certainly to be kept from patients as they should avoid all excesses in food, and in the use of sugar and salt, as also spirituous drinks, undiluted with water, heated rooms, woolen clothing next the skin, a sedentary life in close apartments."

These are the views of a prophet, of a genius, of an explorer, a pioneer. Some of us are bound to find them not practical in day to day life. Yet this does not take away from the basic soundness of Dr. Hahnemann's observations. Within practical limits most of these instructions can be followed to the great advantage of the sick person.

There has been a controversy about total avoidance of coffee or tea by the patient during homoeopathic treatment. Dr. Hahnemann was right because these two drinks as well as many others have medicinal properties. But modern life being what it is, an unavoidable but moderate intake of tea or coffee may not reduce the effectiveness of the medicine beyond a marginal extent particularly for persons who have been used to taking tea or coffee most of their lives.

Other substances like alcohol, whisky, beer or wines, liquors made with medicinal spices,

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excessively spiced foods overwhelmingly act against the health of the patient and hence should be avoided.

Smoking is injurious to health. It should be given up not only during homoeopathic treatment but also otherwise.

Every family faces a dilemma when nursing a sick person. How to please him and yet make him take a restricted diet? Quite often the patient develops an aversion to food, particularly the so-called diet for the sick. The golden rule is that the sick can be given what they can chew and digest easily and what suits their palate. Obviously, a sick person should be allowed to partake the family meal with some well-known exceptions under special circumstances. That boosts his morale. A person suffering from digestive upsets would not be able to digest fried food, pickles or food rich in fat. In vomiting or in diarrhoea, a patient cannot retain even liquids. Solids are taboo in any case. Yet other food can cause pain in the stomach. Certain types of sore throat make it difficult for the patient to swallow liquid or solid food. Precautions have to be taken accordingly.

The most easily digestible foods, when a person is sick, are chicken broth, boiled rice, dry white toast, salt biscuits, boiled vegetables and some fruit like bananas and apples. These foods provide nutrition as well as a supply of minerals like sodium, potassium and important substances like chlorine. White toast and crackers contain complex carbohydrates which are a very good source of calories for a debilitated person. Boiled rice is digested very easily and thus does not put any strain on the digestive system. Chicken soup is an excellent liquid diet for those who cannot take solids for whatever reason.

Any ailment in which there is an outflow of vital liquids from the body requires that the loss is compensated by food containing water. This happens in fevers, vomiting and diarrhoea. Infants are particularly prone to dehydration. In such cases, palatable liquids should be given as often as possible. These can be fruit juices and soups. But make sure that the juices are not sour. In cholera or gastroenteritis, boiled water cooled to normal temperature, to which a little sugar and a pinch of salt have been added, should be continuously administered to the patient. It is almost a cure by itself.

Starving a cold or starving a fever is pure myth. A running nose or watery eyes deplete the body of its vital fluids. Hot drinks should be given. A fevered skin dissipates heat. The body requires food to compensate for the heat loss.

Cold drinks ought to be avoided by patients suffering from cold, cough or respiratory problems.

In sickness as much as in any other facet of life, it is best to follow the principle of moderation in quantity as well as quality of food. Nutritious, easily digestible, palatable and comparatively bland food would help in speedy recovery.

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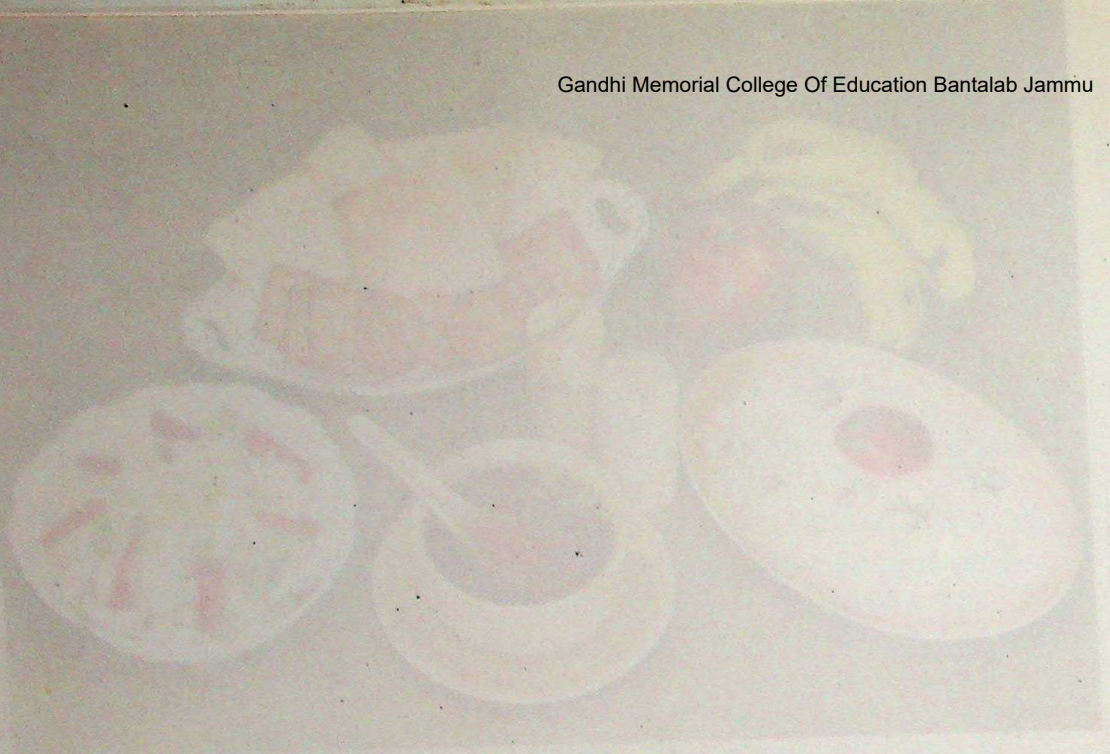

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PART - B

SELECTION OF REMEDY

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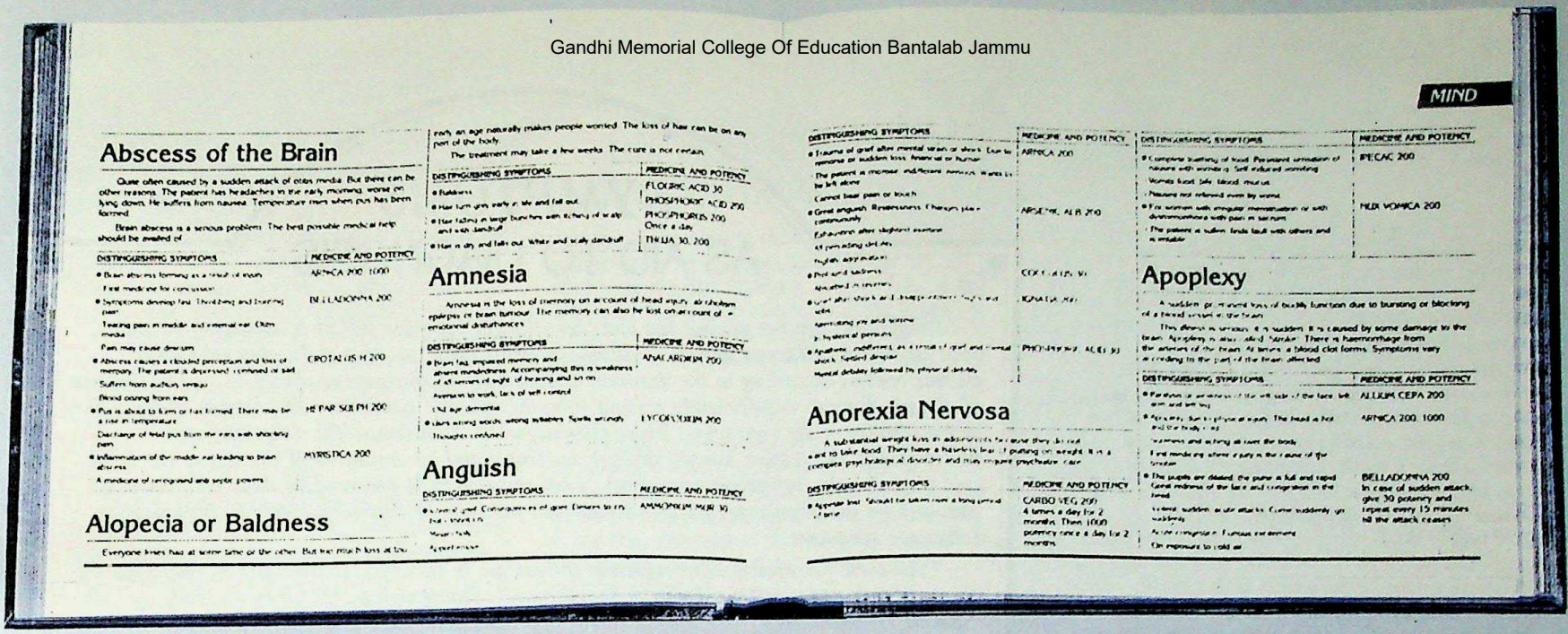

MIND

Abscess of the Brain

Ouse often caused by a sudden attack of otitis media. But there can be other reasons. The patient has headaches in the early morning, worse on lying down. He suffers from nausea. Temperature rises when pus has been formed.

Brain abscess is a serious problem. The best possible medical help should be availed of.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Brain abscess forming as a result of injury. First medicine for concussion	ARNICA 200, 1000
• Symptoms develop fast. Throbbing and burning pain. Tearing pain in middle and external ear. Otitis media. Pain may cause delirium	BELLADONNA 200
• Abscess causes a clouded perception and loss of memory. The patient is depressed, confused or sad. Suffers from auditory vertigo. Blood coming from ears	CROTALUS H 200
• Pus is about to form or has formed. There may be a rise in temperature. Discharge of fetid pus from the ears with shooting pain	HEPAR SULPH 200
• Inflammation of the middle ear leading to brain abscess. A medicine of unsurpassed antiseptic powers	MYRISTICA 200

Alopecia or Baldness

Everyone knows hair at some time or the other. But hair mouth loss at too early an age naturally makes people worried. The loss of hair can be on any part of the body.

The treatment may take a few weeks. The cure is not certain.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Baldness	FLUORIC ACID 30
• Hair turn grey early in life and fall out	PHOSPHORIC ACID 200
• Hair falling in large bunches with itching of scalp and with dandruff	PHOSPHORUS 200 Once a day
• Hair is dry and falls out. White and scaly dandruff	THUJA 30, 200

Amnesia

Amnesia is the loss of memory on account of head injury, alcoholism, epilepsy or brain tumour. The memory can also be lost on account of emotional disturbances.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Brain has impaired memory and	ANACARDIUM 200
adverse mindedness. Accompanying this is weakness of all senses of sight, of hearing and so on. Aversion to work, lack of self control. Old age dementia	
• Utters wrong words, wrong sentences. Speaks wrongly. Thoughts confused	LYCOPODIUM 200

Anguish

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Loss of grief. Consciousness of guilt. Delusion to life. Insomnia. Weak. Apprehension	AMMONIUM MURIATICUM 30

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Trauma of grief after mental strain or shock. Due to removal or sudden loss. Absence of human. The patient is moroser, indifferent, nervous, wishes to be left alone. Cannot bear pain or touch	ARNICA 200
• Great anguish. Restlessness. Changes place continuously. Exhaustion after slightest exertion. Is perspiring, dirt-like. Hyphen appearance	ARSENIC ALB 200
• Pain and sadness. Agitated in emotions	COFFEA CRUDA 30
• Grief after shock and sadness. Sighs and sobs. Agonizing cry and scream. Hysteria of persons	IGNATIA 200
• Agitations, indifferent, as a result of grief and mental shock. Agitated delusion. Mental debility followed by physical debility	PHOSPHORIC ACID 30

Anorexia Nervosa

A substantial weight loss in adolescents because they do not want to take food. They have a hysterical fear of putting on weight. It is a complex psychological disorder and may require psychiatric care.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Appetite lost. Should be taken over a long period of time	CARBO VEG 200 4 times a day for 2 months. Then 1000 potency once a day for 2 months

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Complete inability of food. Persistent unmotivated nausea with vomiting. Self induced vomiting. Vomits food, bile, blood, mucus. Nausea not relieved even by vomit	IPECAC 200
• For women with irregular menstruation or with dysmenorrhoea with pain in sacrum. The patient is sullen, finds fault with others and is irritable	NUX VOMICA 200

Apoplexy

A sudden or profound loss of bodily function due to bursting or blocking of a blood vessel in the brain.

This disease is serious. It is sudden. It is caused by some damage to the brain. Apoplexy is also called 'stroke'. There is haemorrhage from the arteries of the brain. At times a blood clot forms. Symptoms vary according to the part of the brain affected.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Paralysis or weakness of the left side of the face, left arm and left leg. Apoplexy, but symptoms are mixed. The head is hot and the body is cold. Numbness and aching all over the body. Tired and aching all over in the course of the disease	ALLIUM CEPA 200 ARNICA 200, 1000
• The pupils are dilated, the pulse is full and rapid. General redness of the face and congestion in the head. Violent, sudden acute attacks. Come suddenly, go suddenly. Active congestion. Furious excitement. On exposure to cold air	BELLADONNA 200 In case of sudden attack, give 30 potency and repeat every 15 minutes till the attack ceases

SELECTION OF REMEDY

The following chapters are arranged, by and large, according to the parts of the body starting with 'THE MIND, EMOTIONS, THE HEAD, AND THE BRAIN', 'THE FACE', 'THE EYES' etc. Within the chapters, we have indicated remedies for the symptoms as well as the diseases as they are known medically. The symptoms and the diseases are arranged alphabetically.

Under every sub-chapter, symptoms which are expressed in layman's language have not been given any definition. For instance, EMOTIONAL or DISCHARGE. On the other hand, medical terms used for sickness such as ENCEPHALITIS have been explained.

Homoeopathic treatment is based on an overall understanding of the symptoms in the body and mind created by a sickness. Dr. Samuel Hahnemann, the founder of the homoeopathic science of healing, after years of experimen and trial, came to a finding that symptom-similarity is the curative method of medically curable diseases. In paragraph 25 of the 'Organon of Medicine', he formulated the principle of 'like cures like' in these words: "Now, however, in all careful trials, pure experience, the sole and infallible oracle of the healing art, teaches us that actually that medicine which, in its action on the healthy human body, has demonstrated its power of producing the greatest number of symptoms similar to those observable in the case of disease under treatment, does also, in doses of suitable potency and attenuation, rapidly, radically and permanently remove the totality of the symptoms of this morbid state, that is to say, the whole disease present, and change it into health; and that all medicines cure, without exception, those diseases whose symptoms most nearly resemble their own, and leave none of them uncured."

The aforesaid indicates the importance of symptoms in the diagnosis and treatment in homoeopathy. If a symptom is created by a drug during the course of its proving, then it can be cured by a potencised dose of the drug, whatever may be the name of the disease. For instance, in

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provings GLONOINE produces a bursting, throbbing sensation in the head in a healthy person. Conversely any surging of the blood to the head requires GLONOINE. This can happen in a sun-stroke, in high blood pressure, in cerebro-spinal meningitis. KALI BICHROMICUM produces in provings, a tough, stringy discharge of mucus. In homoeopathy, KALI BICHROMICUM cures a similar discharge whether from the nose inwards, from mouth, from fauces, from pharynx, from larynx, trachea, bronchi, vagina, uterus or from any mucous membrane. CACTUS GRANDIFLORUS produces in pure form and gross doses, constriction of the heart and a constriction, anywhere in the body, which is like an iron band being tightened. The same sensation of constriction leads us to the use of CACTUS in a homoeopathic dose and it need not be confined to the heart. There can be constriction of the scalp, in the oesophagus, in the chest, in the abdomen, bladder, uterus, vagina or rectum.

Therefore, it is essential that before the following chapters are consulted for selection of the correct remedy, the symptoms as apparent and the symptoms as experienced by the patient are noted down and understood. The human body is a very sensitive instrument and when there is suffering, its sensibility is heightened.

Ask the patient to tell you about his state of mind and to describe in his own words what is being experienced by him while suffering from a particular sickness. Besides, observe what is apparent and note it on a paper carefully. Slight differences in symptoms can lead to a different prescription. To illustrate, in a day to day problem like common cold, the discharge of mucus can be of different types. The thickness, the flow, the colour of the discharge help in deciding upon the choice of the medicine. Extremely acrid, copious discharge, nose dripping like a tap, along-with eyes

SYMPTOMS
AS AID TO DIAGNOSIS

"Sufferings are not always felt alike by all men, everyone suffers according to his own peculiar nature. Illnesses appear sometimes in acute form, at other times they take on a chronic course, according to the duration and violence of the existing causes..... The diversity of chronic diseases is sufficiently evident from the external symptoms. The disease is reflected in the totality of the symptoms. These phenomena of the diseases (the symptoms) are perceptible to the patient himself through his senses and by sensations of changes in the bodily and mental state (subjective symptoms). They are also to be observed by those who surround him and by the physicians, partly obvious and partly to be determined only by investigation (objective symptoms.)

"All these perceptible signs represent the disease in its whole extent, that is, they form the true and only conceivable portrait of the disease." (Paragraph 6, 'Organon of Medicine', Dr. Samuel Hahnemann).

"The idea 'symptoms' takes on a far deeper significance with Hahnemann than with his contemporaries and even with school medicine upto the present day. From the start, one part of the attacks against homoeopathy ..... was that homoeopathy did not cure "causatively", that is, with the ultimate object of eliminating the causes of diseases. It only cured symptomatically, that is, it only took away the external phenomena of the disease.....

"..... it overlooks the fact....., that to Hahnemann the expressions of disorganised life force and the diseased anatomic changes observable in the organism are not the causes but the effects (the products) of the diseases.... Hahnemann's system of diagnosis is to obtain as accurate and comprehensive a list of all the determinable disease signs as possible from the objective and subjective points of view.

"These very accurate regulations for the investigation of the patient and his malady, intended to achieve a correct diagnosis, become more intelligible when it is remembered that Hahnemann in his time did not possess the modern aids offered..... Measurement of blood pressure, X-rays and all the other auxiliaries of diagnosis, nowadays in general use, were unknown to Hahnemann's generation."

Dr. Richard Haehl, M.D.,
in 'Samuel Hahnemann,
His Life and Work', 1922

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DR. HAHNEMANN'S TIPS ON EXAMINING A PATIENT

* 83

This individualizing examination of a case of disease, for which I shall only give in this place general directions, of which the practitioner will bear in mind only what is applicable for each individual case, demands of the physician nothing but freedom from prejudice and sound senses, attention in observing and fidelity in tracing the picture of the disease.

*84

The patient details the history of his sufferings; those about him tell what they heard him complain of, how he has behaved and what they have noticed in him; the physician sees, hears, and remarks by his other senses what there is of an altered or unusual character about him. He writes down accurately all that the patient and his friends have told him in the very expressions used by them. Keeping silence himself, he allows them to say all they have to say, and refrains from interrupting them *(Every interruption breaks the train of thought of the narrators, and all they would have said at first does not again occur to them in precisely the same manner after that.)* unless they wander off to other matters. The physician advises them at the beginning of the examination to speak slowly, in order that he may take down in writing the important parts of what the speakers say.

*85

He begins a fresh line with every new circumstance mentioned by the patient or his friends, so that the symptoms shall be all ranged separately one below the other. He can thus add to any one, that may at first have been related in too vague a manner, but subsequently more explicitly explained.

*86

When the narrators have finished what they would say of their own accord, the physician then reverts to each particular symptom and elicits more precise information respecting it in the following manner; he reads over the symptoms as they were related to him one by one, and about each of them he inquires for further particulars: e.g., at what period did this symptom occur? Was it previous to taking the medicine he had hitherto been using? Whilst taking the medicine? Or only some days after leaving off the medicine? What kind of pain, what sensation exactly, was it that occurred on this spot ? Where was the precise spot? Did the pain occur in fits and by itself, at various times? Or was it continued, without intermission? How long did it last? At what time of the day or night, and in what position of the body was it worst, or ceased entirely? What was the exact nature of this or that event or circumstance mentioned - described in plain words?

*87

And thus the physician obtains more precise information respecting each particular detail, but without ever framing his questions so as to suggest the answer to the patient. *(For instance, the physician should not ask, Was not this or that circumstance present? He should never be guilty of*

watering profusely may indicate the need for ALLIUM CEPA. On the other hand, the same excoriating, thin and copious discharge may require ARSENIC ALB if there is burning and restlessness. At other times, the discharge may be full of pus, blood and may have a stinking smell. There is pain deep in the nose. The chosen medicine may be AURUM MET. Another discharge in cold can be thick, ropy, greenish, flowing inwards into the mouth and very difficult to take out. This is accompanied by pain in the sinuses. Here, we shall choose KALI BICHROMICUM. But, if the discharge is green, bland, comes outwards, is abundant in the morning, the medicine would be PULSATILLA.

It would be noticed how a slight variation in the symptoms has led to the selection of a different remedy. This is so because every drug produces peculiar changes in the human mind and body and such changes are not produced in the same manner by any other medicinal substance. There can be, from a medical point of view, no equivalent remedies whatsoever, no surrogates. (Organon, Footnote 79). To illustrate, let us take tonsillitis - the tonsils are swollen, inflamed, red, painful, shining and dry. The patient generally has fever. BELLADONNA is required.

But if the colour of the tonsils is purple, although there is pain and inflammation, the drug required is LACHESIS. Further, the tonsils may have pus which can be seen in the shape of white patches on the surface of the tonsils and of the throat. This pus at times can be painful and sometimes not. There is difficulty in swallowing. We choose HEPAR SULPH when there is a shooting, piercing, stabbing and throbbing pain on swallowing or otherwise and when pus has been formed. But if

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making such suggestions, which tend to seduce the patient into giving a false answer and a false account of his symptoms.) so that he shall only have to answer yes or no; else he will be misled to answer in the affirmative or negative something untrue, half true, or not strictly correct, either from indolence or in order to please his interrogator, from which a false picture of the disease and an unsuitable mode of treatment must result.

*88

If in these voluntary details nothing has been mentioned respecting several facts or functions of the body or his mental state, the physician asks what more can be told in regard to these parts and these functions, or the state of his disposition or mind; *(For example, what is the character of his stools? How does he pass his water? How is it with his day and night sleep? What is the state of his disposition, his humour, his memory? How about the thirst? What sort of taste has he in his mouth? What kinds of food and drink are most relished? What are most repugnant to him? Has each its full natural taste, or some other unusual taste? How does he feel after eating or drinking? Has he anything to tell about the head, the limbs, or the abdomen?)* but in doing this he only makes use of general expressions, in order that his informants may be obliged to enter into special details concerning them.

*89

When the patient *(for it is on him we have chiefly to rely for a description of his sensations, except in the case of feigned diseases)* has by these details, given of his own accord and in answer to inquiries, furnished the requisite information and traced a tolerably perfect picture of the disease, the physician is at liberty and obliged *(if he feels he has not yet gained all the information he needs)* to ask more precise, more special questions. *(For example, how often are his bowels moved? What is the exact character of the stools? Did the whitish evacuation consist of mucus or faeces? Had he or had he not pains during the evacuations? What was their exact character, and where were they seated? What did the patient vomit? Is the bad taste in the mouth putrid, or bitter, or sour, or what? before or after eating, or during the repast? At what period of the day was it worst? What is the taste of what is eructated? Does the urine only become turbid on standing, or is it turbid when first discharged? What is its color when first emitted? Of what color is the sediment? How does he behave during sleep? Does he whine, moan, talk or cry out in his sleep?*

Does he start during sleep? Does he snore during inspiration, or during expiration? Does he lie only on his back, or on which side? Does he cover himself well up, or can he not bear the clothes on him? Does he easily awake, or does he sleep too soundly? How does he feel immediately after waking from sleep? How often does this or that symptom occur? What is the cause that produces it each time it occurs? does it come on whilst sitting, lying, standing, or when in motion? only when fasting, or in the morning, or only in the evening, or only after a meal, or when does it usually appear? When did the rigor come on?

in spite of formation of pus, the degree of shooting pain is less, MERC SOL would give instant relief. On the other hand, if the stabbing pain on swallowing is there, but pus is not visible BARYTA CARB would be the correct medicine.

The mental state of the patient plays a great part in the selection of homoeopathic remedies. In the experiments conducted with drugs to discover their effect on healthy human beings, a careful note was taken of changes produced in the mental state of the person. Hundreds of thousands of such variations were noted and analysed. In turn, these very variations as exhibited by the sick person help in the identification of the drug which is his remedy. For instance, restlessness of mind and body, tossing about, anxiety, nervousness and fear, irrational or otherwise, would indicate the need for ACONITE. On the other hand, fear of apprehension, failure in the examination, fear of one's own insufficiency, may indicate the need for ARGENTUM NITRICUM. Its provings also include confusion in thinking, depression, melancholy and a slowing down of mental activity.

Everyone is aware that the course of sickness is cut short by certain changes in the physical environment. Similarly, sickness can be aggravated by other changes in climate, because of change in diet, on account of physical movement and so on. Hence, it is necessary while examining the patient to find out if there is any circumstance on the happening of which his sickness is ameliorated or aggravated. To illustrate: discharge from an ear is quite a common problem. This discharge has a certain colour. It is also accompanied by a certain type of pain. A mucous discharge with blood, pulsating pain and throbbing in the ear, if better when the patient is lying on the painful side, in dry

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*90

was it merely a chilly sensation, or was he actually cold at the same time? if so, in what parts? or while feeling chilly, was he actually warm to the touch? was it merely a sensation of cold, without shivering? was he hot without redness of the face? what parts of him were hot to the touch? or did he complain of heat without being hot to the touch? How long did the chilliness last? how long the hot stage? When did the thirst come on - during the cold stage? during the heat? or previous to it? or subsequently to it? How great was the thirst, and what was the beverage desired? When did the sweat come on - at the beginning or the end of the heat? or how many hours after the heat? when asleep or when awake? How great was the sweat? was it warm or cold? on what parts? how did it smell? what does he complain of before or during the cold stage? what during the hot stage? what after it? what during or after the sweating stage?

In women, note the character of menstruation and other discharges, etc.)

When the physician has finished writing down these particulars, he then makes a note of what he himself observes in the patient, *(For example, how the patient behaved during the visit - whether he was morose, quarrelsome, hasty, lachrymose, anxious, despairing or sad, or hopeful, calm, etc. Whether he was in a drowsy state or in any way dull of comprehension; whether he spoke hoarsely, or in a low tone, or incoherently, or how otherwise did he talk? what was the color of his face and eyes, and of his skin generally? what degree of liveliness and power was there in his expression and eyes? what was the state of his tongue, his breathing, the smell from his mouth, and his hearing? were his pupils dilated or contracted? how rapidly and to what extent did they alter in the dark and in the light? what was the character of the pulse? what the condition of the abdomen? how moist or hot, how cold or dry to the touch, was the skin of this or that part or generally? whether he lay with head thrown back, with mouth half or wholly open, with the arms placed above the head, on his back, or in what other position? what effort did he make to raise himself? and anything else in him that may strike the physician as being remarkable.)* and ascertains how much of that was peculiar to the patient in his healthy state.

In another footnote, Dr. Hahnemann comments:

In chronic diseases of females, it is specially necessary to pay attention to pregnancy, sterility, sexual desire, accouchements, miscarriages, suckling, and the state of the menstrual discharge. With respect to the last-named more particularly, we should not neglect to ascertain if it recurs at too short intervals, or is delayed beyond the proper time, how many days it lasts, whether its flow is continuous or interrupted, what is its general quantity, how dark is its color, whether there is leucorrhoea before its appearance or after its termination, but especially by what bodily or mental ailments, what sensations and pains, it is preceded, accompanied or followed; if here is leucorrhoea, what is its nature, what sensations attend its flow, in what quantity it is, and what are the conditions and occasions under which it occurs?

The 'ORGANON'

weather, requires CALCAREA GARB. This discharge would be worse in cold weather or on exposure to air. On the other hand, if the discharge is foul smelling, is accompanied by throbbing in the ear, but is less in wrapping the head up, or with warmth or is worse from dry cold wind or when the patient is lying on the painful side, it requires HEPAR SULPH. Please notice the distinction. The CALC CARB patient is better lying on the painful side. The HEPAR SULPH patient is worse lying on the painful side.

Take another common problem. Pain in muscles. Shooting pain in limbs which might come on exposure to dry cold air, would require ACONITE. There is numbness and tingling. Pain comes on suddenly and violently. The patient is fearful and anguished. Another muscular pain may come on account of an injury. The medicine indicated is ARNICA. On the other hand, pain in muscles, increasing in severity gradually with joints inflamed and red hot, needs BRYONIA. This pain is better from firm and strong pressure but is worse on movement Muscular pain which is temporarily ameliorated on movement or from change of position, needs RHUS TOX. Between BRYONIA and RHUS TOX, one of the distinguishing symptoms is aggravation on movement in the case of BRYONIA and a temporary relief on movement in the case of RHUS TOX. There are other differentiating symptoms too which ought to be taken into account But, even if the aforesaid one distinction is kept in mind, the choice of the medicine would not be wrong.

In homoeopathy, the characteristics and modalities of symptoms are of as much value as the symptoms in themselves. It is these which

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differentiate one drug from another. The mental and nervous symptoms rank very high in the selection of remedies. General symptoms have an important place but local exceptions cannot be overlooked. Common symptoms which every patient has are of less value. However, apparently unimportant or trivial symptoms such as the reaction of the patient to his environment must not be ignored because we are creatures of our environment. A person suffering from chronic rheumatic arthritis with paralytic affections and progressive loss of muscular strength may be restless at night. While he is better by heat or warm application, in damp and wet weather, he is worse in dry weather. He requires CAUSTICUM. Another patient suffering from a similar malady is better in dry weather, is also better by warmth. But he cannot tolerate cold fresh air. His joints are hot, swollen and painful. He is depressed, is weary of life, and is mentally confused. He is restless and full of anxiety. He requires RHUS TOX. Thus, minute distinctions in the visible mental and physical symptoms or in the modalities of symptoms, that is to say, amelioration or aggravation, occurring in certain circumstances, help us in the selection of proper homoeopathic medicines.

Sensation plays a great part in the identification of sickness in any medical system, but more so in homoeopathy. Quite often, we select a medicine on the basis of sensations. If the skin has a burning sensation, its medicine would be available for choice under the title 'BURNING SENSATION'. There is a sub-chapter on 'BLUE SKIN' and another on 'DROPSY' under the chapter 'SKIN'. NUMBNESS of the skin is another sub-chapter because numbness is a common sensation.

While consulting this book, one should not be frightened by the number of different medicines which may be indicated for a particular symptom, sensation or problem. Care has been taken to differentiate every medicine as far as possible by describing the symptoms in phrases arranged in a fashion in which an observer of the patient or the patient himself might notice the same. The diagnosis of a malady can be made easy by putting questions based on a layman's understanding as well as on the basis of symptoms indicated in the particular sub-chapter. With experience, diagnosis becomes easy. It may be worthwhile to go through the few pages devoted to a particular symptom or problem to the end before deciding upon a medicine for a particular diseased condition. Normally, this would take only a few minutes. For instance, the colour of the stool is an important indication in the treatment of loose motions. Under the chapter 'STOOLS', there is a sub-chapter on 'COLOUR/MUCUS' which lists 18 medicines with their symptoms. This number might appear to be high but, in reality, there is no escape because the colour of stool varies according to different causes for the upset. It is a small price to pay, having to read three pages of this book in order to arrive at the correct medicine for loose stools. You don't suffer and get debilitated in the process. There are problems like dysentery which have troubled mankind for thousands of years. Every system of medicine has tried to find a long-term cure for this disorder of the intestines. It is only homoeopathy which has found medicines which not only take good care of dysentery but also at the same time, do not destroy the healthy bacteria in the digestive system. To obtain this advantage, if you have to go through symptoms of eight different medicines, the effort is worthwhile because the exercise would not have to be repeated and the patient would get lasting relief.

For acute problems, repeat medicines in a low potency such as 30, if necessary, every 15 or 30 minutes till the condition of the patient stabilises. Thereafter, the potency can be raised as indicated and the number of doses reduced to four per day. Otherwise, as far as possible, the number of doses should be limited to four in 24 hours. Wherever the frequency of the dose is less, it has been indicated.

In chronic cases, the correctly selected medicine has to be administered in a high potency such as 200, 1000 or above, four times a day for quite a few days, even weeks. Recovery sets in slowly, imperceptibly till a cure occurs. If a stage comes when recovery stops midway, it is time to increase the potency.

By and large, the use of one properly selected medicine should bring about an amelioration. The patient would experience "a greater degree of comfort, increased calmness and freedom of mind, higher spirits - a kind of return of the natural state." (Dr. S.Hahnemann - 'Organon', para 253)

Absence of amelioration indicates choice of a wrong remedy. If the symptoms are so varied that one medicine does not cover them, more than one medicine may be taken but the medicines should not be mixed and should be taken at an interval of 30 minutes or more. Medicines which are inimical to each other should not be taken in succession. Such medicines are indicated elsewhere. Drug administration must be stopped as soon as recovery occurs. There is no fixed duration for which drugs are to be taken. Use of drugs beyond the stage of recovery brings the disease back. An aggravation occurs. As you stop the medicine, the aggravation disappears.

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DISTINGUISHING SYMPTOMS, MALADIES, MEDICINES AND POTENCY

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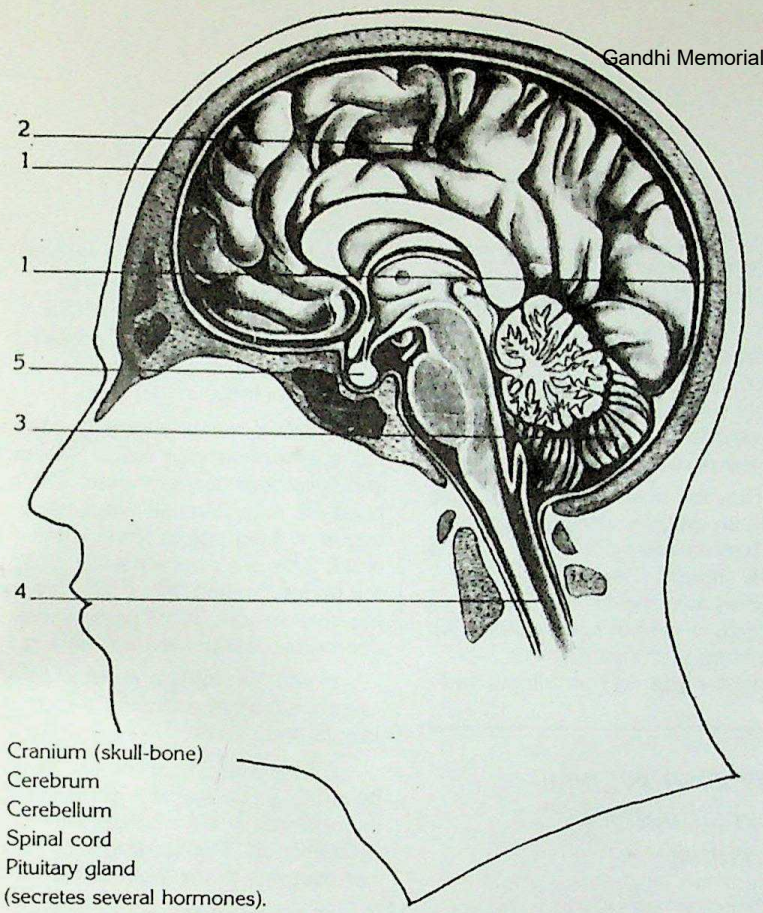

1. Cranium (skull-bone)
2. Cerebrum
3. Cerebellum
4. Spinal cord
5. Pituitary gland
   (secretes several hormones).

A sound mind in a sound body" — Juvenal, C. 125.

THE MIND, EMOTIONS, THE HEAD & THE BRAIN

The Random House Dictionary of the English language defines mind as "the agency or part in a human or other conscious being that reasons, understands, wills, perceives, experiences emotions etc." Psychologically mind is defined in the same dictionary as the "totality of conscious and unconscious mental processes and activities of the organism." Mind is also a word signifying the faculty of reasoning or understanding. It has been equated with intelligence. Thus awareness, reasoning, understanding, perception, will, power to express emotions, to take decisions, to love, to hate, to feel and express anger, to take notice or to ignore, all these and many other qualities of human beings can be attributed to their having a mind. The contrast here lies with the body of the human being which expresses and does things but which cannot think or feel or will without the help of the mind.

Memory is a faculty of the mind by virtue of which human beings retain and revive impressions or experiences. With memory a recall of what has been experienced or learnt can be made.

The faculty to reason is an intellectual exercise and is different from feeling. It is called 'intellect'. An argument in a debate may appeal to the intellect or to the emotions. The latter is an experience of joy, sorrow, fear, hatred, etc. in a state of consciousness.

The word 'intelligence' is used to indicate the ability to learn and to understand. It is a faculty of the mind.

Emotions when experienced create certain physical changes in the body. The heart beat increases. The respiration becomes fast. The person experiencing an emotion may smile, laugh, feel the subtle pain of sorrow, may be shocked by fear, may be aggressive because of hatred or be pliable and soft because of love. He may cry to indicate suffering or distress.

Emotions result from complicated interaction between sensory information reaching the brain and processes of remembering and evaluation. Emotional reactions can be different in different individuals although physical reactions are the same in a given situation.

The word 'head' indicates the upper part of the body in man which contains the brain, eyes, ears, nose and mouth. The neck joins the head to the trunk. Loosely speaking, head is the seat of the mind, the brain, the intellect. It is quite often interchanged with the word mind while expressing the experience of emotions like confusion, conceit, hatred, and qualities like understanding, intellect or intelligence.

Brain is an anatomical term which means that part of the central nervous system which is encased in the craniurn of man and other vertebrates and which consists of grey and white matter. The brain controls and co-ordinates all mental and physical activity. It is the centre of the thinking universe of human beings, of their mind and of their intellect. It makes thinking, willing, feeling, perceiving and experiencing emotions possible. In common usage,

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"O, let me not be mad,
not mad,
sweet heaven!
Keep me in temper;
I would not be mad!"

(Shakespeare)
King Lear

the word 'brain' and the word 'mind' are often interchanged.

The brain is conveyed information about the outside world by nerves. In turn, the brain issues directions to the muscles to react to the information thus conveyed and be mobile. This too is done through nerves. Different nerves perform the sensory function and the motor function. Some nerves perform mixed functions.

The spinal cord serves as a conduit for the nerves leaving the brain. The cranial nerves are not a part of it. Individual nerves run out from the spinal cord to join with various muscles in the body.

The brain depends on a continuous supply of blood and oxygen through thousands of blood vessels. Permanent damage can be caused to brain cells if, for any reason, blood supply is stopped for more than two minutes. If a blood vessel bursts or is choked by internal narrowing, the victim suffers a stroke resulting in paralysis, loss of mental faculties and sometimes death.

Death, the end of life, is complete with the death of the brain.

It is very difficult to define the mental system of human beings except by saying that it provides a control mechanism for the actions and emotions of a person and helps in the evolution of his personality.

How the brain controls the body is still an enigma. Some progress has been made by scientists but that is not enough. The brain has a structure which even the best of computers cannot hold a candle to or imitate even partially. The computer acts on instructions and takes one step at a time unlike the brain. The versatility of the human brain is infinite. Man's creativity in art, literature, music, mathematics etc. is a witness to this. A computer has yet to experience emotion, fall in love, be angry or violent. It can copy a few functions of the human brain but that is all as yet.

No computer has equalled the human memory. Our mind's storing capacity is amazing, incredible and virtually limitless. It is systematic and well ordered. We can recall recent events as well as past events in amazing, crystal-clear detail. Our ability to recall improves if proper rest is taken after a reasonable period of activity.

Recall of recent events is weak in old age because perception is weak and is without concentration. The aged are able to recall events that occurred long ago in remarkable detail. This is so because the grasp, the understanding, the concentration, the involvement of the person was deep when the person was young.

Forgetfulness is a result of lack of concentration with regard to men, events and places.

Concentration can be improved by reading at a speed and taking in more words at a time than we ordinarily do. Storage in mind corresponds to the input pattern.

The human being experiences emotions, feelings which may be pleasant or unpleasant. His behaviour may be decent or indecent, violent or peaceful, controlled or uncontrolled. When the behaviour changes adversely it is a sign of a mental illness. Our upbringing trains us to distinguish between the right and the wrong behaviour. A mental illness can change all that. Those who suffer from sickness of the mind are not at fault. Their's is not a physical problem. For most of the ailments of this type no causes are known. Such

"On earth there is nothing great but man;
in man there is nothing great but mind"
— William Hamilton:
Lectures on Metaphysics, C.1830.

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"All bodies, the firmament, the stars, the earth and its kingdoms, are not equal to the lost mind; for mind knows all these and itself; and these bodies nothing"—
Blaise Pascal, 1670.

patients require a generous helping of sympathy, understanding and love. They ought not to be maltreated.

Mental illness often sets in slowly and does not generally threaten life. Depression sometimes leads a patient to threaten or to commit suicide. At times the behaviour of the patient may be so violent as to endanger the life of people around him. Proper care must be taken in such cases to save the patient as well as those who surround him from injury.

A number of disorders develop because of disturbance of the nervous system. There can be an increase or a decrease in the motor activity. Convulsions come when the motor activity increases. A person faints when the motor activity decreases. Facial neuralgia is a nerve disorder.

In experience it has been found that substances used as medicines can in their pure form create certain mental disturbances. The homoeopathic system following the principle of 'like cures like' has used these very substances in homoeopathic doses to cure the symptoms created in healthy human beings by pure substances. Thus adversity is overcome and health restored to mentally sick persons.

For most of us there is no better medicine for our mental and physical illnesses than peace of mind. All Vedic rituals end in शान्ति recitation. It has a definite and practical purpose. Peace of mind can be obtained through relaxation techniques, meditation, select yogic exercises, listening to soft music, good reading, spending time in pleasant company, in scenic or friendly environment and by avoidance of consumption of toxic food, drugs, stimulants, alcohol,and cigarettes. It may be a good idea to develop a hobby like gardening which improves the environment in addition to inducing peace of mind. Reading adds to knowledge and brings peace to mind because one has to concentrate. Try consciously to experience pleasant emotions and to avoid rancour, hatred, bitterness, anger, worry and frustration. Know that every event cannot have a happy ending. Failure is inevitable quite often. Yet be an optimist. Do not expect too much of anyone.

Peace of mind can be obtained through self control, through good thoughts and noble deeds.

"A good mind is Lord of a Kingdom", so said Seneca, the Roman philosopher and writer of tragedies. John Milton, in 'Paradise Lost,' vividly underlined the importance of mind in the following words:
"The mind is its own place, and in itself can make a heaven of Hell, a hell of Heaven."

"The true and strong and sound mind is the mind that can embrace equally great things and small", so wrote Samuel Johnson and stated an eternal truth. A man who can look at and experience life with equanimity would be happy. Lord Krishna tendered the same advice in Srimad Bhagwad Gita when he said that the human intellect and mind should stay firm when experiencing sorrow or joy. That way lies the path of happiness and success and that way lies the elimination of suffering.

"Tis the mind that makes the body reach"
Shakespeare-
Taming of the Shrew: 1594

"The mind can weave itself warmly in the cocoon of its own thoughts, and dwell a hermit anywhere"
— J.R. Lowell, 1869.

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THE MIND EMOTIONS THE HEAD & THE BRAIN

Abscess of the brain 51
Alopecia or baldness 51
Amnesia 51
Anguish 51
Anorexia Nervosa 52
Apoplexy 52
Arrogant 53
Awkward 53
Bashful 53
Bewildered 53
Cataplexy 53
Collapse 54
Concentration-lack of 54
Confusion 54
Concussion 55
Congestion of brain, of head 55
Consciousness-loss of 56
Convulsions/Epileptic fit/Seizure 56
Dandruff 56
Debility 57
Delirium 57
Delirium Tremens 59
Dementia 59
Depression 60
Emotional 60
Encephalitis 60
Ennui 61
Epilepsy 61
Exhilaration 61
Faint-Hearted 61
Fainting (Syncope) 61
Fall 62
Fear/Anxiety 62
Fit 62
Hallucination 63
Hangover 63
Headache 63
Heat-Stroke/Sun-Stroke 65
Hyperactivity 66
Hysteria 66
Imbecility 67
Indifferent/Hopeless/Melancholy/Pessimist/Sad 67
Impetuous 68
Insanity 68
Irritability 68
Laughter 69
Mania 69
Memory-Problems of 69
Meningitis 70
Migraine 71
Morose 72
Multiple Sclerosis 72
Neuralgia 72
Numbness of the brain 73
Paralysis Agitans 73
Paranoia 73
Quietude; desire to be left alone 73
Restlessness 73
Scalp/Eczema of Scalp/Dandruff 74
Schizophrenia 74
Selfish 74
Senility 74
Sensitivity 75
Stroke/Apoplexy 75
Sun-Stroke/Heat-Stroke 75
Swelling of the brain 75
Tension headache 75
Throbbing 75
Thrombosis 75
Trauma 76
Tumour of brain 76
Twitching 77
Vertex-Problems of 77
Vertigo 77

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Abscess of the Brain

Quite often caused by a sudden attack of otitis media. But there can be other reasons. The patient has headaches in the early morning, worse on lying down. He suffers from nausea. Temperature rises when pus has been formed.

Brain abscess is a serious problem. The best possible medical help should be availed of.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Brain abscess forming as a result of injury.	ARNICA 200, 1000
○ First medicine for concussion.	
● Symptoms develop fast. Throbbing and burning pain.	BELLADONNA 200
○ Tearing pain in middle and external ear. Otitis media.	
○ Pain may cause delirium.	
● Abscess causes a clouded perception and loss of memory. The patient is depressed, confused or sad.	CROTALUS H 200
○ Suffers from auditory vertigo.	
○ Blood oozing from ears.	
● Pus is about to form or has formed. There may be a rise in temperature.	HEPAR SULPH 200
○ Discharge of fetid pus from the ears with shooting pain.	
● Inflammation of the middle ear leading to brain abscess.	MYRISTICA 200
○ A medicine of recognised anti-septic powers.	

Alopecia or Baldness

Everyone loses hair at some time or the other. But too much loss at too early an age naturally causes anxiety. The loss of hair can be on any part of the body.

The treatment may take a few weeks. The cure is not certain.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Baldness.	FLUORIC ACID 30
● Hair turn grey early in life and fall out.	PHOSPHORIC ACID 200
● Hair falling in large bunches with itching of scalp and with dandruff.	PHOSPHORUS 200 Once a day
● Hair is dry and falls out. White and scaly dandruff.	THUJA 30, 200

Amnesia

Amnesia is the loss of memory on account of head injury, alcoholism, epilepsy or brain tumour. The memory can also be lost on account of emotional disturbances.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Brain fag, impaired memory and absent-mindedness. Accompanying this is weakness of all senses, of sight, of hearing and so on.	ANACARDIUM 200
○ Aversion to work, lack of self-control.	
○ Old age dementia.	
● Uses wrong words, wrong syllables. Spells wrongly.	LYCOPODIUM 200
○ Thoughts confused.	

Anguish

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Internal grief. Consequences of grief. Desires to cry but cannot cry.	AMMONIUM MUR 30
○ Melancholy.	
○ Apprehensive.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Trauma of grief after mental strain or shock. Due to remorse or sudden loss, financial or human.	ARNICA 200
○ The patient is morose, indifferent, nervous. Wants to be left alone.	
○ Cannot bear pain or touch.	
● Great anguish. Restlessness. Changes place continuously.	ARSENIC ALB 200
○ Exhaustion after slightest exertion.	
○ All-pervading debility.	
○ Nightly aggravation.	
● Profound sadness.	COCCULUS 30
○ Absorbed in reveries.	
● Grief after shock and disappointment. Sighs and sobs.	IGNATIA 200
○ Alternating joy and sorrow.	
○ In hysterical persons.	
● Apathetic, indifferent, as a result of grief and mental shock. Settled despair.	PHOSPHORIC ACID 30
○ Mental debility followed by physical debility.	

Anorexia Nervosa

A substantial weight loss in adolescents because they do not want to take food. They have a baseless fear of putting on weight. It is a complex psychological disorder and may require psychiatric care.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Appetite lost. Should be taken over a long period of time.	CARBO VEG 200 4 times a day for 2 months. Then 1000 potency once a day for 2 months.
● Complete loathing of food. Persistent sensation of nausea with vomiting. Self-induced vomiting.	IPECAC 200
○ Vomits food, bile, blood, mucus.	
○ Nausea not relieved even by vomit.	
● For women with irregular menstruation or with dysmenorrhoea with pain in sacrum.	NUX VOMICA 200
○ The patient is sullen, finds fault with others and is irritable.	

Apoplexy

A sudden, prominent loss of bodily function due to bursting or blocking of a blood vessel in the brain.

This illness is serious; it is sudden. It is caused by some damage to the brain. Apoplexy is also called 'Stroke'. There is haemorrhage from the arteries of the brain. At times, a blood clot forms. Symptoms vary according to the part of the brain affected.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Paralysis or weakness of the left side of the face, left arm and left leg.	ALLIUM CEPA 200
● Apoplexy due to physical injury. The head is hot and the body cold.	ARNICA 200, 1000
○ Soreness and aching all over the body.	
○ First medicine where injury is the cause of the trouble.	
● The pupils are dilated; the pulse is full and rapid. Great redness of the face and congestion in the head.	BELLADONNA 200 In case of sudden attack, give 30 potency and repeat every 15 minutes till the attack ceases.
○ Violent, sudden, acute attacks. Come suddenly, go suddenly.	
○ Acute congestion. Furious excitement.	
○ On exposure to cold air.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Paralysis or weakness of the right side of the face, right arm and right leg. Paralysis accompanied by difficulty in speaking, writing, reading or understanding speech.	CAUSTICUM 10000 One dose per week.
○ Paralysis of muscles of deglutition, of tongue, of vocal cords, eyelids, face, bladder and extremities.	
● Left-sided facial paralysis.	LACHESIS 200
● An excellent remedy for cerebral apoplexy.	OPIUM 1000 One dose per week.
○ The pupils are dilated. There may be one sided paralysis. The jaw droops. The patient goes into coma. The face is a dusky red.	
○ Pulse slow and laboured.	
● When the blood clot forms or haemorrhage occurs on account of high blood pressure; hardening of the cerebral arteries or heart disease.	STRYCHNIA PHOS 30
○ Better resting or in open air.	
○ Worse on motion.	

Arrogant

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Haughty. Proud. Has contempt for others. Indulges in self-exaltation.	PLATINA 30

Awkward

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Drops things easily.	APIS 200
○ Apathetic.	
○ Numbness of hands and of tips of fingers.	
● Everything falls from hands. Clumsiness in use of hands.	BOVISTA 30
○ Weariness of hands.	
○ Weakness of joints.	

Bashful

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Shy, extremely nervous, hyper-sensitive. Blushes easily.	AMBRA GRISEA 30
○ Timid.	
● Aversion to strangers. Bashful.	BARYTA CARB 200
○ Irresolute.	
● Timid. Mild. Gentle, yielding disposition. Highly emotional.	PULSATILLA 30
○ Dreads opposite sex.	
○ Peevish.	
○ Thirstless and chilly.	

Bewildered

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Mental confusion and apathy.	ARAGALLUS LAMBERTI 200
○ Great depression.	
○ Difficulty in concentration. Absent-mindedness.	
○ Worse in morning or evening.	

Cataplexy

Strong emotion or excitement at times causes a collapse of posture. The patient falls to the ground although he is conscious. His head slumps

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forward and the jaw droops. The condition can be triggered by mirth, anger, fear or sorrow. Such attacks can come off-and-on because a complete cure may not be possible.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cataplexy. ○ Has a sobering influence in nervous disorders such as epilepsy, mania, dementia, delirium tremens and irritable reflexes. ○ The patient suffers from hallucination, exaggeration of duration of time and extent of space. ○ Unbounded happiness, uncontrollable laughter or terrible depression. ○ Emotional excitement with rapid changes of mood.	CANNABIS INDICA 30 Mother tincture

Collapse

Loss of consciousness for different reasons.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First remedy for collapse for any reason other than death. ○ An excellent remedy for stimulation of heart in an emergency. ○ External surfaces are very cold. Yet the patient throws off all covering. ● Collapse in a person who cannot break the cycle of illness. ○ Has not recovered from the effects of some previous illness. ○ State of collapse in cholera, in typhoid. The body becomes blue, icy cold. The face is puffy, cyanotic, that is, blue. The pulse is imperceptible. ○ Imperfect oxygenation.	CAMPHOR Mother tincture 5 drops on sugar dose, should be administered every few minutes. Drops on kerchief to smell. CARBO VEG 200
○ Must have air, must be fanned hard, must have all the windows open. ○ The patient may be almost lifeless but his head is hot. ○ Last stage of a disease with copious cold sweat, cold breath, cold tongue; voice lost.	
● Epileptic collapse with jerking and twitching of muscles. Eyes fixed, staring, sunken, glistening, turning upwards. ○ Face pale, bluish. Lips blue. Contraction of jaws. Foaming at mouth. ○ Stiffness and turning of fingers. ○ Cramps in calves, soles. ○ Unconsciousness.	CUPRUM MET 200
● Whatever be the cause of complaint, the sufferer experiences cold sweat on the forehead. The face turns pale or blue and the extremities suffer cramps. ○ Acute vomit and diarrhoea. ○ Specific in collapse due to surgical shock.	VERATRUM ALB 200

Concentration – Lack of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cannot concentrate. Cannot think clearly. Desires to be left alone in peace. ○ Dull, torpid, sleepy. ○ Dreads movement. Also please refer 'MEMORY' below.	GELSEMIUM 200

Confusion See 'BEWILDERED'.

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Concussion

An injury to the head resulting in loss of consciousness. The complete impact of concussion is known only after the patient returns to consciousness. It can result in a total or partial memory loss, lack of mental co-ordination, confusion, nausea, dizziness and headache.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● From injury.	ARNICA 200, 1000
○ First remedy.	
○ Long-term remedy.	
○ In chronic cases as well, where symptoms appear a long time after the injury was suffered.	
● Resulting in convulsions.	CICUTA 200
○ When Arnica fails to cure.	
○ In chronic cases.	
● Of the brain. It feels compressed.	HYPERICUM 200
○ Fractured skull.	
○ Injury to nerves.	

CONGESTION OF THE BRAIN, OF THE HEAD

GLONOINE 200	BELLADONNA 200
○ Better adapted to the first or congestive stage of inflammatory diseases of the brain. ○ Any surging of blood to head requires Glonoine.	○ Belladonna goes beyond the first inflammatory stage.
○ Greater disturbance of the heart action. There is a sensation of rush of blood to the heart or chest.	○ In Belladonna there is less disturbance of the heart action than in Glonoine, although there is a strong disturbance under both.
○ Fullness, pain and throbbing are more intense and sudden in their onset. These subside more rapidly with this medicine. ○ There is not only throbbing, but also an undulating sensation as if the brain was moving in waves, synchronizing with the pulse.	○ The pain, throbbing and fullness are less intense.
	○ The patient is better by bending the head backwards.
○ Relief in open air; by application of cold water.	○ The patient is better by pressure on head; taking rest in semi-erect posture.
○ The patient wants his head uncovered. Cannot bear to wear a hat. He wants to have a hair-cut.	○ The patient is made worse by having the head uncovered.
○ The patient carries his head very carefully because the least movement of the head aggravates the pain. He is worse in warmth, worse lying down.	○ The patient is worse lying down, even if he keeps still. Any motion, even slight shaking, aggravates.

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Consciousness – Loss of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Complete loss of consciousness ○ Apoplectic state. Also see 'APOPLEXY'	OPIUM 1000

Convulsions / Epileptic Fit / Seizure

Sudden, abnormal electrical activity of the brain leads to convulsions, seizures or epileptic fits. The patient suffers from involuntary movements and loss of consciousness.

Also please refer 'EPILEPSY' below and 'CONVULSIONS' in the chapter 'EXTREMITIES' etc.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Jerking, twitching, trembling and itching due to cerebral excitement.	AGARICUS 200
● Convulsions with intense heat, redness and throbbing in children. Connected with cerebral congestion. ○ Convulsions come suddenly. ○ The child jumps in sleep.	BELLADONNA 200
● Convulsions with epileptic symptoms. Seizure occurs during sleep at night. ○ Connected with disturbance of sexual functions like menses, coitus or with impotence.	BUFO 200
● Violent. With hysterical excitement. ○ Due to shock. ○ In tetanus.	CAMPHOR 30
● From concussion of brain. Frightful distortions. ○ Patient is violent. ○ Curved limbs cannot be straightened, nor straight ones bent. ○ Epilepsy with moaning, whining and howling.	CICUTA 200
● From worms. Jerking, twitching limbs. Trembling. Left foot in constant spasmodic motion. Sudden, inward jerking of fingers of right hand. ○ At night. In children.	CINA 200
● Epileptic. Spasms and convulsions beginning in fingers, palms and toes. ○ Violent contractive pain. ○ Unconsciousness. ○ Foaming. Face distorted. ○ Contraction of jaws. Blue lips.	CUPRUM MET 200
● Violent onset. Trembling, quivering, jerking of all muscles of the body. ○ Cramps in calves, toes. ○ Epileptic attack in deep sleep. ○ In women, during labour pains, during menstruation.	HYOSCYAMUS 200
● Convulsions caused by excitement or by depression or by fright. ○ By physical punishment of children. ○ Of hysterical women. ○ Twitching all over the body.	IGNATIA 200

Dandruff

Dead skin scales fall from the scalp on to clothing. Dandruff is more if the skin is greasy.

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Shampoo with a proprietory item like Savlon helps.

For medicines, please see under 'SCALP/ECZEMA OF SCALP/DANDRUFF' below.

Debility

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● All-prevailing debility.	ARSENIC ALB 200
○ Sudden prostration.	
○ Exhaustion after the slightest exertion.	
○ Weakness makes patient irritable. Fear of death, of being left alone. Great anguish. Restlessness, mental and physical.	
○ Body always freezing.	
○ Debility in asthma, in typhoid, in malaria, coryza, food poisoning.	
○ Aggravation at night.	
● Lifeless. Never-ending sickness. Never a full recovery.	CARBO VEG 200 Should be taken 4 times a day for weeks till the body equilibrium is regained.
○ Pulse intermittent. Cold sweat on limbs. Face blue. Skin pale. As if not getting enough oxygen.	
○ Cold sweat, cold breath, cold tongue; voice lost. Legs in grave.	
○ Chronic indigestion. Weak digestion. Acidity.	
● Caused by excessive loss of blood, mucus or any other fluid from the body.	CHINA 200
○ Memory lost. Apathetic, indifferent, low-spirited.	
○ Faints easily.	
○ Darkness before eyes.	
○ Face pale, sallow, sunken. Sweats on least motion.	
○ Ringing sound in ears.	
○ Averse to exercise, to work.	
○ Debility after intermittent fevers like malaria, typhoid.	
● With depression which is aggravated by consolation.	NAT MUR 200
○ Anaemia caused by loss of fluids, by menstrual irregularities, by grief, by mental problems. Pale, emaciated.	
○ Throbbing headache.	
○ Sore on climbing steps. Exhaustion on physical exercise.	
● Debility of mind and of body.	PHOSPHORIC ACID 30
○ Mental debility first. Later physical.	
○ Nervous exhaustion. Cannot collect thoughts. Cannot choose right word. Confused. Indifferent.	
○ Ravages caused by acute disease, excesses, grief, by loss of vital fluids such as in haemorrhages, in typhoid.	
○ Crushing headache.	
○ Hair greys early in life. Falls out.	
○ Face pale. Blue rings around eyes.	
○ Deficient sexual power. Headache after coitus.	
○ Woman's health deteriorating from nursing.	

Delirium

A mental disturbance which is acute, of short duration, usually reflecting a toxic state. It involves illusions, visual hallucinations, excitement, restlessness, delusions. The memory is impaired. The patient lacks comprehension. He lacks coherence. He is disoriented. He loses sleep and tosses in bed. His eye movement is rapid, his speech is slurred. He repeats certain actions.

Delirium is caused by a shortage in the supply of oxygen to the brain due to heart failure,or on account of brain damage,or due to severe vitamin deficiency.

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Treatment of Insane Persons

"The physician in charge of such unhappy people must indeed have at his command an attitude which inspires respect but also creates confidence; he will never feel insulted by them, because a being that cannot reason is incapable of insulting anyone."

SAMUEL HAHNEMANN. 1796.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Delirium of fever, of alcoholism; from cerebral excitement. ○ Loquacious. Shouting, muttering and rhyming. Prophesying.	AGARICUS 200
● Cerebro-spinal meningitis. ○ Delirium with loquacity. ○ Child screams and shrieks; rolls his head; gnashes his teeth. Congestion in the brain. ○ Worse by heat.	APIS 200
● Delirium with cerebral congestion. Excited mental state. Acuteness of all senses. Frightful images. ○ Hallucinations. Visual illusions. Lives in a world of his own. ○ Furious; rages, bites, strikes, is violent. ○ Has to be chained. ○ Face, skin red-hot. Hands and feet cold.	BELLADONNA 200
● With epilepsy, mania, dementia. ○ Excessive loquacity. ○ Uncontrollable laughter. ○ Clairvoyance.	CANNABIS INDICA 30 Mother tincture for delirium tremens cases.
● Furious delirium. Paroxysms of rage, crying, barking. ○ Sudden loss of consciousness; face red. ○ Acute mania, generally of sexual type. Amorous frenzy. Fiery sexual desire. ○ Urinary complication present most of the time.	CANTHARIS 200
● With singing, dancing and funny gestures. ○ Violent, frightful distortions.	CICUTA 200

DELIRIUM

BELLADONNA	HYOSCYAMUS	STRAMONIUM
○ Most violent delirium of all. Bites. Spits. Tears.	○ The delirium has stupor more often than violence.	○ The intensity of delirium is the highest.
○ Hallucinations — visual. Sees ghosts, hideous faces, animals and insects.	○ The patient might begin violently but would grow mild and might become totally unconscious.	○ The patient is loquacious. He sings, laughs, grins, whistles, screams, prays or swears.
○ Throbbing of carotids: arteries are visible.	○ He suffers from lascivious mania. He uncovers and exposes himself, sings lewd songs and talks vulgar.	○ He indulges in bodily contortions. Jerks his head from pillow.
○ Red face. Intense, burning heat.	○ The face is pale and sunken. The patient is weak.	○ The face is hot and red. The eyes are wide open, pupils dilated.
○ Cannot bear light.	○ The patient has a suspicious bent of mind.	○ He cannot bear dark. Must have light.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Talks obscene. Uncovers genitals in the presence of others.	HYOSCYAMUS 200
○ Delirium of fevers.	
○ Talks, mumbles, soliloquises.	
○ Hallucinations and deep stupor alternate.	
○ Great hilarity.	
● Talks in delirium with eyes wide open.	OPIUM 200
○ Frightful fancies.	
● Delirium tremens.	STRAMONIUM 30
○ Eyes wide open. Expression of terror.	
○ Ceaseless talking mania.	
○ Talks with spirits.	
○ Violent and lewd. Laughs, sings, swears, prays, rhymes.	
● With pain driving to madness.	VERATRUM ALB 200
○ Frenzy of excitement. Curses, howls all night. Shrieks.	
○ Desires to cut and tear things.	

Delirium Tremens

The habit of alcoholism, that is, excessive and chronic drinking over a long period of time, if suddenly given up, results in certain symptoms collectively known as delirium tremens. This is a serious problem and can lead to death.

The patient suffers from visual and frightening hallucinations. He cannot sleep. He is confused. He is agitated and trembles.

For medicines, please refer 'DELIRIUM' above.

Dementia

In the normal process of growing old, presenile dementia and senile dementia come on. There is a marked deterioration in the intellectual and physical condition of the patient. Normal, healthy people growing old develop these symptoms but when the symptoms become severe, there is cause for worry.

The most important symptom is a disorientation of memory, particularly memory of recent events. The patient loses the sense of time. He loses interest in life. He is confused. He forgets names. At times, his limbs become stiff.

The situation gets worse with the passage of time.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Brain fag. Impaired memory. Absent-mindedness.	ANACARDIUM 200
○ Loss of self-confidence.	
○ Easily offended.	
○ Profound melancholy. Feeling of being persecuted, of being haunted.	
○ Weakness of sense of sight, of hearing, of taste.	
○ Paralytic weakness of limbs. Cramps in calves.	
● Nervous prostration. Mental and physical depression.	KALI PHOS 30
○ Great despondency. Lack of initiative. Loss of interest in life.	
○ Loss of memory.	
○ Hysteria.	
○ Night terrors. Somnambulance.	
● Mental debility followed by physical debility. Nervous exhaustion.	PHOSPHORIC ACID 30
○ Apathetic. Indifferent.	
○ Impaired memory.	
○ Difficult comprehension.	
○ Cannot collect his thoughts or find the right word.	
○ Inability to carry on conversation.	

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Depression

A lowering of spirits or loss of interest in normal activities of life. A morbid sadness, melancholy or dejection. It is an illness only if prolonged or severe. The sufferer needs to be given hope, encouragement and reassurance. He should be made to feel wanted and loved. With passage of time, depression goes away.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Great fear, anxiety, without basis. ○ Fears death, fears everything. ○ Restlessness. Tossing about. ○ Numbness.	ACONITE NAP 30, 200
● Depression due to indigestion. ○ Tones up appetite. Induces mental exhilaration, buoyancy, a feeling of well-being.	ALFA ALFA Mother tincture 10 drops dose, 5 times daily. Use till necessary.
● Crying frequently, often for no reason.	AMM CARB 200
● Disgust of life. Talks of committing suicide.	AURUM MET 200
● Sad. ○ Sits secluded, brooding, absorbed in himself.	COCCULUS 200
● Mental depression. ○ Thinks only of death and salvation.	GRAPHITES 200
● Sensorial depression. Sees, hears, tastes imperfectly. ○ Sighs involuntarily.	HELLEBORUS 30
● Most depressed. Is sure of death; desires it.	HYDRASTIS 30
● Mental and physical depression. Great despondancy, prostration. Want of nerve power.	KALI PHOS 30
● Melancholic depression. Afraid to be left alone. ○ Loss of self-confidence.	LYCOPODIUM 200
○ Failing brain power; spells or writes wrong words and syllables.	
● Depression on account of suffering in chronic diseases. ○ Irritable. Wants to be alone to cry. ○ Consolation aggravates.	NATRUM MUR 200
● Disturbed sleep; often wakes up around 3.00 a.m. and stays awake. ○ Results of hangover, of leading a fast life.	NUX VOM 200
● Lack of interest in normal activities.	PHOSPHORIC ACID 30

Emotional

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Highly emotional. ○ Timid; irresolute; yields easily.	PULSATILLA 30

Encephalitis

An inflammation of the brain. An acute virus infection. A rare complication.

The patient has fever, headache, general body pain and a stiff neck. He mostly loses consciousness and goes into a coma. There may be convulsions and partial paralysis.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever. Chill with rheumatic pain, great muscular soreness and rigidity all over the body. Septic condition. ○ Mental confusion. Delirium; wandering; muttering; stupor. ○ Face looks besotted. ○ Worse in humid weather.	BAPTISIA 30 Repeat frequently

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever. Chilliness up and down the back. Nervous chills. Wants to be held. ○ Dizziness, drowsiness, dullness and trembling. ○ Headache with muscular soreness of neck and shoulders. Preceded by blindness. ○ Various degrees of motor paralysis of muscles around eyes, throat, larynx, chest and extremities etc. ○ Loss of muscular co-ordination. ○ Better profuse urination. ○ Worse damp weather; emotional excitement.	GELSEMIUM 200

Ennui

A feeling of weariness with life which can be a result of boredom, satiety or just lack of interest.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Disgusted with life. Talks of committing suicide. ○ Over-sensitive to noise.	AURUM MET 200

Epilepsy

A temporary disturbance of brain function, manifesting itself in partial or total loss of consciousness, abnormal stiffening and trembling of limbs, recurring seizures. The patient bites his tongue, froths at the mouth. He may pass urine involuntarily. The face turns red, not pale.

There are rhythmic twitchings and convulsions of the body as a whole.

The symptoms are due to a disturbance in the electrical activity of the brain.

Epilepsy runs in the family at times. The risk of epilepsy is greater in the offspring of epileptics. Inter-marriage in families with a history of epilepsy should be totally avoided.

For medicines, please refer 'CONVULSIONS/EPILEPTIC FIT/SEIZURE' above as well as 'CONVULSION' in the chapter 'THE LOCOMOTOR SYSTEM'.

Exhilaration Feeling of being stimulated or invigorated.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Induces mental exhilaration and well being. Has a tonic effect.	ALFA ALFA Mother tincture 10 drops 5 times daily. Use till necessary.

Faint Hearted

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Want of grit, moral and physical.	SILICEA 200

Fainting (Syncope)

A partial or total loss of consciousness, often occuring without warning.

Lay the person flat and open the windows. Loosen collar or any tight clothes.

Clear the airways in the nose and the throat. Pull the jaw downwards and backwards. If there is no recovery within a few minutes, start artificial respiration. If there is no pulse, start cardiac massage immediately.

No alcohol should be given when the person comes around. Give only sips of water if he asks for it.

Get immediate medical assistance.

Also please refer 'COLLAPSE' above.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fainting fit on account of anaemia, weakness. Face pale, wary. ○ Headache. ○ Unquenchable thirst.	ACETIC ACID 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Faints out of fear, anguish, sudden loss.	ACONITE 30
● Fainting due to concussion. Also please see 'CONCUSSION' above.	ARNICA 200, 1000
● Faints as a result of shock or suffering. Pulse weak, scarcely perceptible. ○ Effects of injury. ○ Icy coldness all over, with death-like paleness of face. ○ Suffocating dyspnoea or breathlessness. ○ Heart failure. ○ Sun-stroke. Heat-stroke.	CAMPHOR Mother tincture 15 drops on sugar every ten minutes. Drops on a clean cloth to smell.
● Fainting fit caused by unending sickness. Debilitated, ravaged body. ○ Imperfect, insufficient oxygenation of blood. The face is pale, turning blue.	CARBO VEG 200
● Fainting caused by exhausting discharges from the body as in haemorrhage, in cold, in menstruation, in childbirth, in fevers or for any other reason.	CHINA 200
● In epileptic fits. Also please see 'CONVULSIONS/EPILEPTIC FIT/SEIZURE' above.	CUP MET 200
● Sun-stroke leading to fainting. ○ Fainting fit caused by heat.	GLONOINE 200

Fall

This often happens in old age due to an overall failure of physical and mental faculties.

The person who has had a fall should be lifted very carefully. It is better to seek assistance of another person in order to help the casualty to be seated in a chair and lifted.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In case of injury due to fall, as a first-aid, as well as a long-term remedy.	ARNICA 200
● Sudden loss of strength when walking. Ascending paralysis. Painful stiffness of legs. ○ Weakness in old age. Debility of mind and body. Sluggishness. Trembling. ○ Vertigo when lying down or turning in bed.	CONIUM 200, twice a day

Fear/Anxiety

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Has great fear of anything without basis. Fears death. Fears future. Anxious. Restless. ○ Diseases induced by fear or abortion, jaundice etc.	ACONITE NAP 30, 200
● Fearful and nervous. Melancholic. ○ Fears death is near. ○ Terrors of anticipation. Fear of failure in a test. Diarrhoea sets in. Vomits. ○ Memory fails. ○ Impulsive. Wants to do things in a hurry. ○ Lacks self-confidence. Thinks that his understanding will fail.	ARGENTUM NIT 200
● Fears loss of reason. Fears misfortune. Apprehensive. ○ Forgetful.	CALCAREA CARB 200
● Fears to be left alone. ○ Afraid of death. ○ Restless. ○ Suffers from great anxiety.	PHOSPHORUS 200

Fit Please see 'CONVULSIONS/EPILEPTIC FIT/SEIZURE' above.

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Hallucination

A person starts perceiving events that have never taken place. It is a serious brain disorder.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With frightful visions. ○ Loss of memory of recent events.	ABSINTHIUM 30
● Thinks he is possessed by two persons. ○ Impaired memory. Senile dementia.	ANACARDIUM 200
● Of fantastic, varied, kaleidoscopic colours. ○ Visions of monsters, of gruesome figures. ○ Pupils dilated. Brain tired. Vertigo. Headache. ○ Sensation of increased physical ability.	ANHALONIUM Mother tincture 5 drops 4 times a day.
● Visual. Fantastic illusions. Patient lives in a world of his own. ○ Sees ghosts, monsters and spirits. Sees animals, insects, out to hurt him. ○ Acuteness of all senses.	BELLADONNA 200

Hangover

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Thick head in the morning. ○ Late hours; fast life; excess of stimulants. Little exercise. ○ Dyspepsia. Indigestion.	NUX VOM 200

Headache

Pain in the head which can be mild or severe. The treatment is according to the type of pain, and the cause of it.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● On exposure to dry cold wind. ○ Head heavy, hot, bursting. Pulsating. Undulating sensation. ○ Sudden headache. ○ Burning headache. Fever.	ACONITE NAP 30
● From disordered stomach. ○ From over-eating. ○ With vertigo. ○ Aching worse in vertex. ○ Worse on taking a cold bath.	ANTIM CRUD 200
● Hemicranial, due to emotional upset. ○ Ache in frontal eminence; enlarged feeling in corresponding eye. ○ Burning pain. ○ Coldness and trembling. ○ Better on tight bandaging and pressure.	ARG NIT 200
● Nervous headache. Contraction across forehead. Feels as if a sharp instrument is being thrust through from temple to temple.	ASCLEPIAS SYRIACA 30
● With much throbbing and heat. Throbbing carotids. Flushed face. ○ Pain and fullness specially in forehead, occiput and temples. ○ Congestive headache from suppressed catarrh. ○ Sun headache. Blood rushes to head. Worse on leaning forward. ○ Neuralgic headache from exposure to cold air. ○ Better by pressure, sitting semi-erect. ○ Pain worse from light, noise, jolt, lying down and in the afternoon.	BELLADONNA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Frontal headache. Comes early in the morning. Worse on motion.	BRYONIA 200
○ Bursting, splitting headache, as if being hit by a hammer from within.	
○ Mind sluggish. Looks an imbecile.	
○ Frontal sinuses may be involved.	
○ Also with coryza.	
○ Or with a full and upset stomach; with nausea.	
○ Or with constipation.	
○ Obstinate headache.	
○ Relief on pressing the head by hand or by tying it up,	
○ Worse by motion, winking of an eye, by talking, by light, in a warm room.	
● While smoking.	CARBOLIC ACID 30
● Bursting. As if the skull would burst. Intensive throbbing of carotids.	CHINA 200
○ Vertigo on walking.	
○ Great debility on account of exhausting discharges. Anaemic.	
○ Overall flatulence. Abdomen bloated like a tent.	
○ Enlarged liver.	
○ Intermittent fever.	
● Various types of headache; neurasthenic, periodical sick, menstrual and bilious.	CHIONANTHUS 30 Mother tincture 10 drops 4 times a day will break the sick headache habit.
○ Pain in the forehead, chiefly over eyes.	
○ Eyeballs painful; pressure over root of nose.	
● At high altitude with noises in the ear.	COCA 30
○ Also with vertigo preceded by flashes of light.	
● Throbbing pain in top and back of head. As if the skull is being crushed.	EUPATORIUM PERF 200
○ Pain deep in every bone of the skull.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Soreness of eyeballs.	
● Occipital. Feeling of a band tightening around the head.	GELSEMIUM 200
○ Headache with muscular soreness of neck and shoulders.	
○ With body pain. In influenza.	
○ Tension headache.	
● From exposure to sun or to light. Sun-stroke headache.	GLONOINE 200
○ First remedy in sunstroke.	
○ Blood rushing to the head. Throbbing. Cannot bear heat.	
○ Dizziness. Skull feels too small for the brain. Continuous hammering. Patient frantic. Presses his head with both hands with all possible strength.	
○ Ill effects of a sun-stroke or a heatstroke.	
● Congestive headache following grief or anger.	IGNATIA 200
○ Of hysterically nervous subjects.	
○ Headache as if a nail is driven through the side of the head.	
○ Relief by pressing, by copious flow of urine.	
○ Worse on smoking, taking alcohol, coffee etc.	
● Headache with nausea.	IPECAC 200
○ Crushing pain in the skull bone.	
○ Pain extending to the teeth and to the root of the tongue.	
● In bones over the eyebrows, preceded by blurred vision. Bones and scalp feel sore.	KALI BI 200
○ Vision clears after the headache has begun. Pain settles in a small spot and is intense.	
○ Pain in bone of head over one eye.	
○ With sinus pain. In sinusitis.	
● Chronic headache on exposure to sun.	LACHESIS 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic. From sunrise to sunset.	NATRUM MUR 200
○ Nausea.	
○ Face pale. Numbness and tingling in nose, lips and tongue before headache starts.	
○ Throbbing, blinding headache as if a thousand little hammers were knocking on the brain.	
○ Frontal sinus inflammation.	
○ In the morning when awakening.	
○ Periodical headache.	
○ Menstrual headache.	
○ Anaemic headache of school girls.	
● On account of hangover. Late night spent in eating and drinking. Disturbed sleep.	NUX VOM 200
○ Headache with haemorrhoids and constipation.	
○ Worse by mental exertion, irritation, fresh air.	
● From over-work.	PULSATILLA 30
○ From over-eating or eating fatty rich foods.	
○ Throbbing and congestive. Wandering, stitching pain about the head.	
○ In young girls starting menstruation.	
○ Accompanying menstruation.	
● Following eye-strain. Pain as from a nail being driven into the head.	RUTA 200
○ Also headache after too much of intoxicating drinks.	
● Periodical. Worse on right side. Veins and temples distended. Pain in occiput running into the bones over the eyes.	SANGUINARIA 200
○ Occipital pain like lightning flashes.	
○ Pain settles in the right eye.	
● Hemicrania in women at any time; after menopause.	SEPIA 200
○ The patient is indifferent, lacks natural love; is fed-up with life; over-burdened; over-tired; harassed by children. Easily offended.	
○ Persistent jerk of the head.	
○ Pale face.	
○ Painful menstruation.	
○ Pain in lower back.	
○ Prolapse of vagina and uterus.	
○ Does not enjoy intercourse because it hurts in the vagina.	
● From fasting.	SILICEA 200
● Semi-lateral headache; into the left eye. Violent throbbing pain. The eye feels too large for its socket.	SPIGELIA 200

Congestive Headache/Sun Headache

BELLADONNA	GLONOINE
Throbbing	Throbbing
Bursting	Bursting
Intense pain	Intense pain
Aggravation by cold.	Aggravation by heat.

Heat-Stroke/Sun-Stroke

It is an emergency situation It can be a threat to life. Exposure to excessive heat can lead to heat exhaustion and heat-stroke. The skin feels dry and hot. The patient experiences headache, nausea and drowsiness. He is thirsty. He suffers dizziness. His breath is noisy. The temperature may rise to 104°F or 40°C. Dehydration occurs and there is a drop in blood pressure. The patient gets confused and may lapse into unconsciousness.

Tough physical activity in the sun leads to excessive fluid and salt loss. This is called heat exhaustion. Its symptoms are excessive sweating, muscle

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cramps, sudden weakness and fatigue. The patient may experience blurred vision, dizziness, nausea and headache. The patient may collapse without treatment.

The moment it is felt that a person has suffered sun-stroke, he should be immediately shifted to a shady area or an air-conditioned room. The body should be cooled by wrapping it in sheets soaked in cold water. Encourage the patient to drink substantial amounts of water so that the loss of fluids in the body can be made up. The wet sheets should be replaced with dry ones when the temperature comes down to 101°F or 38°C. In case of heat exhaustion, a very similar procedure has to be followed. The patient should be given diluted fruit juice with a pinch of salt every few minutes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First remedy.	GLONOINE 200
○ Effects of sun-stroke. Confusion with giddiness. Head is heavy but cannot lay it on a pillow.	
○ Throbbing, congestive headache.	
○ Surging of blood to head and heart.	
● Sun-headache.	LACHESIS 200
○ Vertigo.	
○ Flickering, dim vision.	
○ Pale face.	
● Chronic effects of sunstroke. Great debility caused by summer heat. Exhaustion.	NAT CARB 200
○ Anaemic and milky skin.	
○ Headache from slightest mental exertion.	
○ Vertigo from exposure to sun.	
● Sun headache, worse right side.	SANGUINARIA Mother tincture 10 drops every 30 minutes.
○ Veins in temples distended.	
○ Pain begins in occiput, spreads upwards and settles over bones above eyes.	
● Head full. Throbbing arteries.	VERATRUM ALB 200, 1000
○ Cold sweat on forehead.	
○ Nausea, vomiting. Loose, watery, white and copious stools.	

Hyperactivity

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hyperactivity. Unusual activity of the mind and the body.	COFFEA 200
○ Bad effects of sudden emotion, surprise, joy.	
○ Nervous palpitation.	
○ Insomnia due to flow of ideas, with nervous excitability.	

Hysteria

An irrational, uncontrollable, violent outburst of emotion or fear. Exaggerated laughter, weeping or irritability are characteristic.

This problem is more common with women than men. It recurs. The sufferer displays unusual behaviour so as to attract attention or to get out of an unpleasant situation. The patient loses control over acts and emotions by morbid self-consciousness, auto suggestion, or by feigning various disorders. Exaggerated behaviour is a common symptom.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Weeping and laughing alternately.	CAMPHORA MONOBROMATA 30
○ Directions appear reversed.	
● Woman nervous. Never appears to recover fully. Continually irritable.	CASTOREUM 30
○ Suffers from debilitating sweating. Prostration is marked.	
● With loss of consciousness.	CICUTA 200
○ Involuntary twisting and jerking of muscles; frightful distortions.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Effects of grief and worry. Melancholic sighing and sobbing. Trembling. ○ Sleeplessness and excitement. Emotions rapidly alternate between glee and melancholy. ○ A very important medicine.	IGNATIA 200 Administer mother tincture when the attack comes, 10 drops every hour. Use 200 potency to cure. In acute cases.
● Administer if Ignatia fails.	NAT MUR 200 In chronic cases.

Imbecility

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Feeble-minded children. ○ Prematurely senile persons. ○ Epileptic symptoms. Convulsive seizures during sleep at night.	BUFO 30

Indifferent/Hopeless/ Melancholy/Pessimist/Sad

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Irrational thinking. ○ Fears failure. Apprehends failure. Fears death is near. ○ Suffers from diarrhoea. Vomits on account of nervous apprehension, from terrors of anticipation.	ARG NIT 200
● Melancholy, hopeless. Enveloped in gloom, in despair. ○ Life is a burden for him. Wants death.	AUR MET 200
● Hopeless. Weary of life. Low-spirited. Melancholy. ○ Apprehensive. ○ Obstinate. Forgetful. ○ Interested only in trivia. ○ Mentally, physically jaded. ○ Cannot perform a job requiring sustained mental work. ○ Dominated by others.	CALC CARB 200
● Indifferent to happiness, to sorrow. ○ Confused. Cannot think. ○ Looks stupid and benumbed. ○ Crushed by successive illnesses.	CARBO VEG 200
● Melancholy. Pessimist. Has forebodings. ○ Has deformity of joints in rheumatism. ○ May be deaf; stammers. ○ Has warts, too many. ○ Broken down constitution; hence unhappy, suspicious, distrustful.	CAUSTICUM 200
● On account of total debility caused by excessive discharges. ○ Apathetic, indifferent, low-spirited, silent, disinclined to think. ○ Averse to exercise, to work. ○ Anaemic. ○ A 'Pick-me-up' medicine.	CHINA 200
● Indifferent to all matters in life. Tired of life. Hopeless. ○ Exhausted by long physical suffering.	NIT ACID 200

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"What's the use of worrying?
It never was worth-while,
So, pack up your troubles
in your old kit-bag,
And smile, smile, smile."
George H. Powell

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Exhausted housewife, over-burdened, harassed.	SEPIA 200
○ Sad. Indifferent.	
○ Unable to feel affection for anyone; disgusted with her lot.	
○ Lacks stamina. Faints easily from extremes of cold or heat, from any exertion. Feels cold even in a warm room.	
○ Pale face.	
○ Women after menopause; women with uterine problems.	
○ Cannot enjoy sex because it hurts in the vagina; cervix is ulcerated, is prolapsed. Terrible bearing-down sensation.	
○ Uncontrollable hemicrania.	

Impetuous

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Has violent bursts of passion.	STAPHYSAGRIA 200

Insanity

A legal term for mental illness. The sufferer is unable to distinguish right from wrong and is, therefore, not responsible for his acts in law. However, for medicinal purposes, remedies have been given under the headings 'DELIRIUM', 'MANIA' etc. in this chapter.

Irritability

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Excessive irritability. Fretfulness.	ANTIM CRUD 200
○ Peevish. Loathes life.	
○ The child is so peevish that it cannot bear to be touched.	
○ Over-eating habit. Glutton. Belching all the time.	
○ Tongue thickly coated, milky. Gastric problems.	
● Morose. Irritable.	ARNICA 200
○ 'Let me be alone' attitude.	
○ Body sore; mind irritable, fearful and sad. Fearful dreams.	
● Irritable. Anxious. Sad.	ARS ALB 200
○ Anxiety alternates with fear.	
○ Has suicidal tendencies.	
● Exceedingly irritable. Every subject puts him out of humour.	BRYONIA 200
○ Every muscle aches and is worse on movement.	
○ Does not want to stir because it hurts.	
● Child peevish, restless. Has colic. Is teething.	CHAMOMILLA 200
○ Impatient; intolerent of being spoken to.	
○ Over-sensitive to every pain.	
○ Older person cross, spiteful and snappish. Cannot bear himself. Cannot bear others. Cannot bear pain. Uncivil. Ever angry.	
● Child very cross. Usually suffering from worms. Gets convulsions.	CINA 30
○ Worse in the night.	
● Extremely irritable, sullen, fault-finding.	NUX VOM 200
○ Leads fast life. Frequently has a hangover.	
○ Does not feel well on account of little exercise, late nights and excessive drinking.	

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Laughter

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Uncontrollable laughter.	CANNABIS INDICA 30
○ Excessive loquacity.	
○ Exuberance of spirits.	
● Laughing mania. Sings and laughs. But suddenly changes from hilarity to melancholy.	CROCUS 30

Mania

Excessive enthusiasm, excitement.

A sort of insanity characterised by great excitement with or without delusions. The patient may be violent in acute stages.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Must continually move.	CANNABIS INDICA 30
○ Constant fear of becoming insane.	
● Sexual mania. Acute. With urinary problems. Fiery, unquenchable sexual desire.	CANTHARIS 200
○ Sexual instincts gone haywire. Sings, talks lewd.	
● Of a melancholy type. Involuntary sighing. Forehead wrinkled in folds.	HELLEBORUS 30
○ Beats head with hands at times.	
○ Complete unconsciousness.	
● Ceaseless talking. Quarrelsome.	HYOSCYAMUS 200
○ Obscene and lascivious. Uncovers genitals. Immodest in acts, gestures and expressions.	
○ Violent; beats people.	
○ He does not know what he is doing.	
○ Passive mania alternates with violence.	
● Suicidal mania with tremulousness.	KALI BROMATUM 30
○ Face flushed.	
○ Religious depression. Imagines that he is singled out as an object of divine wrath.	
● Religious mania. Believes he is carrying out God's commands directly relayed.	LACHESIS 200
○ Conceited, hateful, revengeful. Or, ecstatic, prophetic.	
○ Goes on talking, sense or nonsense. No sequence in utterances.	
● Obscene mania. Sexual appetite insatiable. Exposure of genitals in public.	PHOSPHORUS 200
○ Mania followed by impotency.	
● Religious mania. Feels that he has got a hot-line to God.	STRAMONIUM 200
○ Loquacious. Laughing, singing, swearing, praying.	
○ Sees ghosts, hears voices, talks with spirits.	
○ Devout, earnest; beseeching and talking continuously.	
● Philosophical mania. Doing nothing but meditating or contemplating all the time.	SULPHUR 200
○ Unclean habits.	
● Violent. Desire to cut and tear everything. Cursing, howling all night.	VERATRUM ALB 200
○ Lascivious.	
○ Wants to kiss everybody. Talks lewd.	
○ Religious and amorous by turns.	

Memory–Problems of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Loss of. Forgets recent events.	ABSINTHIUM 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Impaired. ○ Brain fag. Absent-mindedness. ○ After general paralysis.	ANACARDIUM 200
● Disturbance in memory. Disturbance of reason. Irrational. ○ Fears death is near. ○ Suffers brain fag; headaches from exertion of mind.	ARG NIT 200
● Failure on account of injury.	ARNICA 200, 1000
● Failing memory in old age.	BARYTA CARB 200
● Inability to sustain mental effort. ○ Forgetfulness.	CONIUM 200
● Forgets names of well-known streets, houses, even of persons.	GLONOINE 200
● Absent-minded and forgetful. Forgets things purchased in the market. ○ Omits words while writing. ○ Cannot concentrate.	LAC CANINUM 30
● Failing brain power. Loss of memory in old people. Uses wrong words, wrong spellings. ○ Cannot do ordinary mental work. ○ Loss of self-confidence.	LYCOPODIUM 200
● Forgetfulness with nervous and physical exhaustion. ○ Inability to add figures. ○ Forgets contents of a page as soon as he has gone through it.	NATRUM CARB 30
● Impaired. Cannot find the right word. ○ Mental debility following physical debility. ○ Apathetic. Indifferent.	PHOSPHORIC ACID 30
● Weak. Mind incapable of sustained thinking.	RHUS TOX 200
● Cannot recall names and recent events. ○ Stupid and confused.	SULPHUR 200
○ Cannot find proper words. Misplaces words while talking or writing.	

Meningitis

Meninges are membranes which cover the brain and the spinal cord. Meningitis is infection and inflammation of the meninges.

It is a serious problem. Bacterial forms are life-threatening if not treated. Viral forms are comparatively mild.

An early diagnosis is important.

The onset of the disease can be sudden or gradual. There is a severe headache. The neck or back is stiff and painful. The temperature rises high. There can be severe vomiting. The patient may have convulsions. Immediate medical attention is advised.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute cerebral infection. ○ Meningitis with delirium. ○ The patient cries in sleep. Shrill cries of pain.	APIS 200
● Temperature high. Throbbing carotids. Eyes blood-shot. Violent delirium. Severe headache. ○ Photophobia. ○ Sudden onset.	BELLADONNA 200
● Convulsions. Frightful distortions of limbs. Loss of consciousness. ○ Spasms and cramps in muscles of the nape of the neck. Bending of head, neck and spine backwards. ○ Sensation of internal chill.	CICUTA 200
● Fever in cerebro-spinal meningitis. ○ Photophobia. ○ Severe headache, worse even slight movement.	CROTALUS H 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nausea. Vomiting.	CUP MET 200
○ Violent convulsions.	
○ Pain in the brain and in the eyes; difficult to turn the eyes — it hurts.	
● Acute attack.	NAT MUR 200
○ Dropsy of brain following an acute disease.	
○ Chronic jerking of the head.	
○ Severe headache.	
● Treatment should be started with one dose of this medicine.	TUBERCULINUM 200
○ Prevents and cures tubercular meningitis.	
○ Start the other selected remedy after six hours.	

Migraine

It is a disease of the nervous system and has a tendency to run in the family. There is a recurring headache. The sufferer knows in advance when the attack is going to come. Often it occurs soon after waking. Vision is disturbed by bright spots or zigzag lines.

Soon after there is a feeling of confusion and dizziness accompanied by numbness. The symptoms soon disappear to be replaced by a throbbing headache, which is severe. The headache comes on the side opposite to the part where numbness has been experienced. The migraine is accompanied by nausea and vomiting.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent headache. Throbbing carotids. Hot, flushed face.	BELLADONNA 200
○ Pain better by pressure.	
○ Worse from light, noise, jolt, lying down and in the afternoon.	
● Migraine attack preceded by unusual excitement with loquacity.	CANNABIS INDICA 30
○ Feels as if the top of the head were opening and shutting. Shocks through brain.	
● Migraine due to acidity and sluggishness of liver.	CHIONANTHUS 30
● Migraine.	DAMIANA Mother tincture 15 drops dose every 2 hours. In severe cases, every half an hour.
● Migraine attacks due to grief in hysterical patients.	IGNATIA 200
● Migraine begins with a blur before the eyes after relaxing from mental strain.	IRIS VERISCOLOR 200
○ Frontal headache with nausea. Worse right temple.	
○ Constriction of scalp.	
○ Burning of the alimentary canal. Vomiting of sour bile containing blood.	
○ In migraine of children with abdominal upset.	
● With flickerings before eyes, dim vision. Face pale.	LACHESIS 200
○ Pain through head on waking up. Pressure on and burning in vertex. Waves of pain.	
○ Pain at the root of the nose.	
○ Better warm application; appearance of discharge such as menstruation.	
○ Worse on movement. Worse after sleep.	
● Stinging pain from within outward and upward. Mostly left side.	SEPIA 200
○ With nausea, vomiting.	
○ Coldness of vertex.	
○ Terrible migraine at the time of menses.	
○ Worse indoors, when lying on painful side.	

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Morose

please see 'IRRITABILITY' above.

Multiple Sclerosis

It is a disease of the nervous system which is chronic and progressive. Most of the cases begin with some visual disturbance, blurring in the eye and pain beyond the eye. There is a loss of co-ordination and of control in some limbs. The sufferer behaves clumsily. At times, he may lose control over the movement of the bowels and the bladder.

Emotionally the patient may be depressed, but more often than not he is light-hearted.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Multiple sclerosis with trembling, twitching and jerking. Hysteria; chorea.	TARENTULA HISPANICA 30
○ Must move legs constantly. Legs feel weak.	
○ Hysterical epilepsy.	
○ Numbness. Crawling-of-ants sensation.	
○ Intense sexual excitement.	

Also please refer 'ATAXIA — LOCOMOTOR' under the chapter 'THE LOCOMOTOR SYSTEM'.

Neuralgia

Severe pain caused by irritation or compression of a nerve. The pain is experienced anywhere according to the route of the nerve.

Neuralgia can be caused by an infection or inflammation; by exposure to dry cold air; by a fracture of the bone or by a slipped disc.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● On exposure to dry cold air. Sudden violent pain. Acute.	ACONITE NAP 30, 200
○ Neuralgia of face. Tingling in the cheeks with numbness.	
○ Pain in the jaws.	
○ Restlessness. Worse left side.	
● Pain like a fine thread cutting into body.	ALLIUM CEPA 200
○ Traumatic, chronic neuritis, following amputation or injuries to nerves.	
● Tearing, needle-like pain in the face. Lips black, livid.	ARS ALB 200
○ Restlessness.	
○ Nightly aggravation.	
● For unbearable pain in teeth, in ovaries or anywhere. Every nerve cries for relief.	CHAMOMILLA 200
● Due to repeated haemorrhage, long, continuous lactation or repeated attacks of intermittent fevers.	CHINA 200
○ Aggravated by the least touch or draught of air.	
● Neuritis with burning, tingling and numbness. Pain on account of an injury to the nerves, especially of fingers, toes and nails. Crushed finger-tips.	HYPERICUM 30
○ Facial neuralgia and toothache of a pulling character. Tearing pain.	
○ Traumatic neuralgia.	
● Excruciating pain with contraction of muscles of the eye or ear or ovary or leg. Worse on the right side.	MAG PHOS 200
○ Cramping neuralgia in face, stomach, abdomen, pelvis, spinal cord; of fingers of writers, pianists, violonists and sitarists.	
○ Cramps from long exertion. Writers' cramps.	
○ Stiffness, numbness of nerves from long exertion.	
○ Pain comes and goes like lightning.	
○ Relieved by hot application.	
● Intensely painful. The patient is very susceptible to pain. Is restless.	MORPHINUM 30
○ Convulsions. Trembling.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Facial neuralgia on account of mental exertion or excitement. The pain is burning and tearing with crawling. ○ The slightest movement of the facial muscles aggravates the pain.	PHOSPHORUS 200
● Of the fifth nerve. Stabbing pain. Worse left side. ○ Ciliary neuralgia. Severe pain in and around eye extending deep into the socket. The eye feels too big for its socket. ○ Pain in temple, eye, cheek, zygoma or cheekbone, jaw and teeth. ○ Heart afflictions with neuralgia.	SPIGELIA 200

Numbness of the Brain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Numbness of the brain.	BUFO 30

Paralysis Agitans

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Involuntary shaking of hands. Weakness in arms and limbs. Finger-tips stiff and numb.	MAG PHOS 200

Paranoia

Irrational belief of being persecuted.

For medicines, please see 'DEMENTIA', 'DEPRESSION' above and 'SCHIZOPHRENIA' below.

Quietude

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Desire to be quiet, to be left alone. ○ Listlessness. ○ Languor. Physical weakness or faintness. ○ Lack of vitality.	GELSEMIUM 200

Restlessness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In high grade fevers, in earlier stages of inflammatory diseases. ○ Tosses to and fro in agony and fear. ○ Intolerable pain. With numbness, tingling. ○ Worse in evening, night. Exposure to dry cold weather.	ACONITE 30
● Mental and bodily restlessness. ○ With great anguish and all-pervading debility. Burning, prostration and midnight aggravation. ○ Driven from place to place. ○ In low grade fevers like typhoid.	ARSENIC ALB 200
● Extreme restlessness. Feels better for a time from a change of position. Hence, changes position continuously. ○ Restlessness on account of aching pain and soreness in joints, sheaths and tendons.	RHUS TOX 200

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Scalp/Eczema of Scalp/ Dandruff etc.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Itches intolerably. Burning, rough,dirty, sensitive. Cannot brush hair. ○ Dandruff. ○ Aggravation at night.	ARSENIC ALB 200
● Lacerated wounds.	CALENDULA Mother tincture, to apply locally, diluted in water one in five parts.
● Eczema of. Thick, heavy crusts oozing a glutinous substance.	KALI BI 200
● Eczematous eruptions on smooth hairless patches on the skull, on the face and beyond ears. ○ Copper-coloured eruptions on the face.With urinary, gastric and liver problems.	LYCOPODIUM 200
● Tension around scalp as if bandaged. One-sided tearing pain.	MERC SOL 200
● Eczema. Covered with thick leathery crust under which pus collects. Scaly eruptions. White scabs.	MEZEREUM 30
● Dandruff with itching on scalp. Hair falling in large bunches.	PHOSPHORUS 200
● Scalp dry, itching. Falling hair. ○ Scratching causes burning. ○ Constant heat on top of head. ○ Worse washing.	SULPHUR 200
● White, scaly dandruff. Hair dry and falling off.	THUJA 200
● Spots on scalp, oozing moisture and matting hair together. Eczema of head and face. Pustules with offensive odour. Corrosive itching of the scalp. Irresistible desire to scratch.	VINCA MINOR 30
● Tense. Must knit eyebrows. Pain immediately above eyebrows. ○ Throbbing under eye and temple.	VIOLA ODORATA 30

Schizophrenia

It is a serious mental disorder. The patient lives in a dream world of his own. He does not react realistically to situations of sorrow or of joy. He hears voices, sees visions. His behaviour is odd. He turns violent.

For medicines, please refer 'DELIRIUM', 'HALLUCINATIONS' and 'MANIA' above.

Selfish

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Very selfish. No regard for others. Dirty habits. Unclean. ○ Childish peevishness in grown-up people.	SULPHUR 200

Senility

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Impaired memory. ○ Senile dementia. Brain fag. ○ Absent-mindedness.	ANACARDIUM 200
● Mental, physical weakness in old age. Behaves like a child. Infantile senility.	BARYTA CARB 200

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Sensitivity

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fastidious. Sensitive to touch, to smell. All senses acute. Over-sensitive.	ARS ALB 200
● Over-sensitive to pain.	CHAMOMILLA 200
○ Pain with numbness and night sweats.	

Stroke/Apoplexy

A disorder of the nervous system causing sudden slurred speech, partial or total paralysis of a limb or one side of the body. Visual disturbances, confusion, drowsiness and depression.

Hypertension can cause formation of a blood clot in the brain leading to a stroke.

For medicines, please refer 'APOPLEXY' above.

Sun-Stroke/Heat-Stroke

Please refer 'HEAT-STROKE/SUN-STROKE' above.

Swelling of the Brain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Brain oedema leading to coma, vertigo, headaches, or uraemic convulsions.	CUPRUM ARSENITUM 30

Tension Headache

A common problem caused by tensions of life, worry and concentration.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Headache resulting from fatigue, over-exertion and tension. Sharp, pinching pains. Scalp feels contracted.	ARNICA 200
○ Chronic vertigo resulting from tensions.	
○ Tired after seeing movies, sight-seeing etc.	
● Tension headache with feeling of a band tightening around the head.	GELSEMIUM 200
○ Headache with muscular soreness of neck and shoulders.	

Throbbing

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Throbbing of carotids.	BELLADONNA 200
○ Excited mental state.	
○ Hot, red and dry skin; flushed face, glaring eyes.	
○ Twitching, convulsions and pain.	
○ Sudden violent attack. No thirst.	
○ Excellent remedy for children; for everyone.	
● Occipital throbbing, synchronous with pulse. Eyes staring. Pupils dilated.	CAMPHOR 200
○ Violent convulsions.	Mother tincture 5 drops in sugar every 15 minutes in case of 'shock'.
○ Shock.	
● Intense throbbing of head and carotids. Sensation as if the brain was balancing to and fro, striking against the skull, with great pain.	CHINA 200
○ Headache with a bursting skull.	

Thrombosis

A blood clot blocks a blood vessel, either artery or vein.(Coronary thrombosis can lead to symptoms of a heart attack.)A thrombosis in the

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brain can lead to a stroke. In other areas, thrombosis can cause severe pain and discoloration of the body.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Skin turns black or blue. Tightness, constriction after over-exertion.	ARNICA 200
○ Angina pectoris. Severe pain in left elbow and in the region of the heart.	
● An excellent remedy for thrombosis with one-sided paralysis (Hemiplegia) or with loss of power of expression by speech, writing or signs,or of understanding written or spoken language (Aphasia).	BOTHROPS 30
● Purple appearance of the skin. Coagulation of the blood. Worse left side.	LACHESIS 200
○ Waves of pain in the head on movement.	
○ Left-sided facial paralysis.	
○ Legs affected.	
● Thrombosis affecting pelvic region.	LILIUM TIG 200
○ Angina pectoris with pain in right arm. Heart feels as if tightened in a vice.	
● Helps in dissolving the blood clot. In thrombosis affecting extremities or leading to paralysis agitans. Also please refer 'APOPLEXY' above.	MERC SOL 30

Trauma

Mental shock. A startling experience which has a lasting effect on the mind.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Mental, emotional. Loss of a near one. Loss of money.	ARNICA 200
○ Acute or chronic.	

Tumour of Brain

Always a problem to worry about. A brain tumour can cause a partial loss of vision, changes in the personality of the patient, a lack of co-ordination in muscular movements and epileptic seizures. There may be vomiting with headache. The headache is worse in the morning.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● The patient has vertigo and headache on turning the head.	CALCAREA CARB 200
○ Confusion as if the head were too full.	
○ Piercing, stitching pain in the scalp.	
○ The patient experiences icy coldness in or on the head.	
○ In case of failure of Calc Carb, Calcarea Fluor 30 or Calcarea Phos 30 may be tried.	
○ Worse from cold and wet weather.	
● Headache with nausea and vomiting.	CONIUM 200
○ Sensation as if a foreign body was under the scalp.	
○ Scorched feeling on top.	
○ Vertigo on turning eyes, when lying down or when turning over in bed.	
○ Gait is difficult, staggering.	
○ Sudden loss of strength while walking.	
● An excellent remedy for arresting tumours of the skull.	MERC IOD 200
● This remedy is needed in brain tumours with intense migraine and pain. The patient has sweat on forehead and arm. He is emotional, sensitive and irritable.	THUJA 200
● Start treatment with this medicine with one dose. This might arrest the disease and take care of the resulting headache.	TUBERCULINUM 200

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TURMOIL

BELLADONNA	Turmoil in brain.
ACONITE NAP	Turmoil in circulation.
CHAMOMILLA	Turmoil in temper.

Twitching

Involuntary spasm of any part of the body.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Spasmodic facial twitching. Epileptic seizure. Face blue.	ABSINTHIUM 200
○ Infantile spasms. Pupils unequally dilated.	
○ Cerebral irritation.	
● Jerking, trembling and itching. Twitching of eye-lids, of eye-balls, of face, lips, of cervical muscles. Twitching in sleep.	AGARICUS 200

Vertex, Problems of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sensation of weight.	CACTUS 200
● Weight on top of vertex.	CALCAREA CARB 200
○ Icy coldness inside.	
● Feeling of opening and shutting.	CANNABIS INDICA 30
● Painful skull. Feels crushed or bruised.	IPECAC 200
○ Pain extends to teeth and root of tongue.	
● Heat on top of vertex. Heat inside.	SULPHUR 200
● Sensation of lump of ice on vertex. Cold sweat on forehead.	VERATRUM ALB 200

Vertigo

Dizziness even when the patient is still. There is a sensation of spinning in the head.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With tendency to fall backwards.	ABSINTHIUM 200
○ Epileptic seizure.	
● Worse on rising.	ACONITE NAP 30
○ Patient is always full of great fear.	
● From sunlight.	AGARICUS 200
○ On walking.	
● Chronic. A result of injury, recent or past.	ARNICA 200, 1000
● Violent vertigo on going upstairs. Patient anaemic; anxious and in despair.	ARSENIC HYDRO 30
● When descending.	BORAX 200
● With nausea and faintness, on rising.	BRYONIA 200
○ Worse on motion.	
● Associated with liver disorders.	CHELIDONIUM 200
● Of mountain climbers. Preceded by flashes of light. With headache.	COCA 30
● When travelling in a motor vehicle, by plane or in a ship.	COCCULUS 200 Take a dose 30 minutes before the commencement of the journey.
● When lying down, when turning over in bed.	CONIUM 200
○ When turning head sideways or on turning eyes.	
● On seeing flowing or running water.	FERRUM MET 30
○ In weak anaemic persons.	
● Spreading from occiput. Feeling of a tight band around the head.	GELSEMIUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• From exposure to sun.	GLONOINE 200
• With nausea, vomiting.	IPECAC 200
• After sleep.	LACHESIS 200
• When lying on back.	MERC SOL 200
• From the least movement of the head.	MORPHINUM 30
• While walking.	NAT MUR 200
• With momentary loss of consciousness.	NUX VOM 200
○ From use of intoxicants, liquor, keeping late nights, from high living, debauchery. After dinner. As a part of hangover.	
• Looking down.	PHOSPHORUS 200
• After suppressed menses.	PULSATILLA 30
• Looking up.	SILICEA 200

"Music has charms to soothe a savage breast,
To soften rocks, or bend a knotted oak."

William Congreve

In the same way that the strength of the mind surpasses that of the body, the sufferings of the mind are more severe than the pains of the body.

Cicero

The dome of thought, the palace of the soul.

Byron

An apparatus with which we think that we think.

Ambrose Bierce

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THE FACE

The face has been defined in the 'Random House Dictionary' as the front part of the head, from the forehead to the chin. The first impression we form of a human being is by looking at his or her face. The poets have never tired of writing of the face of the beloved. Dr. Faustus, in the play of the same name by Christopher Marlowe, wondered and exclaimed at the beauty of the face of Helen which had launched a thousand ships. He was so struck by the charm that he declared he could be made immortal by a kiss of the charming lady.

The face is the instrument for expressions; of joy, of sorrow, of hatred, of jealousy. It can ridicule, it can show disgust. It can look bold or impudent. Medically, the face can be paralysed. It can be distorted. It can have neuralgic pain. There may be skin eruptions on the face or there may be stiffness of the jaw or swelling due to an injury or infection.

In all these things the face reflects the results of what is happenning to other parts of the body. A number of nervous disorders show symptoms in the face. Skin problems like erysipelas, urticaria also are reflected through the face. The colour of the face shows whether a person has anaemia or jaundice or even fever. Debility on account of many causes is shown most in the face. Cold sweat on the face may be an indication of a coming collapse.

In the chapter which follows, all possible symptoms have been discussed for ready reference.

Excessive use of cosmetics on the face can lead to skin damage. Mental tension, worry or some such other reasons can lead to a person exerting undesirable forces on the muscles of the face and can permanently alter its expression.

Relaxation of the face and its muscles is an important part of healthy living. And of course it is good to relax mentally whenever possible and to avoid tension. It is also a good habit to wash one's face as many times as possible with fresh and comfortably cool water.

Facial numbness comes through tension in the nerves. There is a feeling of pins and needles. It can be taken care of with a simple medicine like Aconite.

'As a beauty I'm not a great star,
There are others more handsome by far;
But my face — I don't mind it
Because I'm behind it;
It's the folks out in front that I jar.'

Anthony Henderson Euwer

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INDEX

THE FACE

Bell's Paralysis (Palsy) 81
Burning 81
Colour 81
Distortion 82
Eczema 83
Erysipelas 83
Jaws 83
Numbness 83
Pain/ Neuralgia 83
Paralysis 85
Swelling 85
Twitching 85

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Bell's Paralysis *(Palsy)*

One side of the face droops on account of an inflammation of the facial nerve. There is paralysis of one side of the face. Muscles of the eyebrows and forehead become weak and the corner of the mouth on the affected side droops. The eyelids on this side of the face cannot be closed.

At times saliva may dribble from the corner of the mouth.

There is no paralysis in any other part of the body.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute, sudden and violent attack of facial paralysis. Complaints and tension caused by exposure to dry cold weather, draught of cold air, suppressed perspiration.	ACONITE 200
● Facial paralysis, more on the left side. Distortion of mouth. ○ Trembling of jaw. ○ Swallowing difficult.	CADMIUM SULPHATE 200
● Paralysis of the face on the right side. There may be pain in facial bones and difficulty in opening the mouth.	CAUSTICUM 200
● Facial muscles contracted, especially around the mouth. Lower jaw drooping. ○ Neuralgia of face. ○ Eye does not close.	GELSEMIUM 200
● Spasmodic facial twitching, especially of the corners of the mouth. ○ Drooping lower jaw. ○ Distorted facial muscles.	OPIUM 200

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Terrible burning in acute cases. Restlessness. ○ Better hot application. ○ Worse cold application.	ARSENIC ALB 200
● Burning. Erysipelas (skin problem with redness and swelling). Large blisters. ○ Biting heat with urinary symptoms. ○ Moaning sounds.	CANTHARIS 200
● Burning. Urticaria. Elevated red patches on the skin. Yet the sufferer is chilly on movement or uncovering. ○ Prone to outbursts of anger; sensitive to noise, to medicines.	NUX VOM 200
● Chronic cases. ○ Filthy habits. ○ Worse washing. Worse at night. Worse in bed.	SULPHUR 200

Colour

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Profound anaemia. ○ Face pale, waxen, emaciated. ○ Dark rings around eyes. ○ Debility.	ACETIC ACID 30
● Red face becomes deathly pale on rising. ○ On exposure to dry cold air. ○ With tingling and numbness.	ACONITE 30
● Yellow, crusty eruptions on cheeks. Haggard face. ○ Gastric disorders present.	ANTIM CRUD 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pale, yellow, swollen. Shows malnutrition. ○ Lips black, livid. ○ Burning. ○ Restlessness. ○ Better hot applications.	ARSENIC ALB 200
● Red, bluish, hot, swollen and shining. Throbbing, twitching. ○ On exposure to cold air. ○ Erysipelas of the face.	BELLADONNA 200
● Pale, blue, face in collapse. ○ Icy coldness of the whole body. ○ Cold sweat. ○ Collapse.	CAMPHOR Mother tincture 15 drops on sugar every 15 minutes.
● Yellow. Jaundiced. ○ Tongue yellow. ○ Eyes yellow. ○ Urine yellow, copious, foaming. ○ Liver enlarged.	CHELEDONIUM 30
● Pale, sallow. ○ Debility due to excessive discharges. Eyes sunken. Sweating on least exertion. Darkness before eyes. Ringing sound in ears. ○ Apathetic. Indifferent. Anaemic.	CHINA 200
● Pale with dark rings around eyes. White and bluish about mouth. ○ Red hot face; glowing cheeks alternate with pale sickly face in a child. ○ Worms of any type.	CINA 200
● Pale, bluish. Face distorted. Blue lips. ○ Contraction of jaws with foam at mouth. ○ Cramps in palms, fingers.	CUP MET 200
○ Cramps in calves and soles. ○ Epilepsy.	
● Fiery red and flushed from least pain, emotion and exertion. Red parts become white, puffy. ○ In anaemic persons with pale skin and irritable temperament.	FERRUM MET 30
● Red with lips black and swollen ○ Facial neuralgia, deep in bones.	MERC COR 30
● Face red, swollen, dark, suffused and hot. ○ Looks besotted, muddled, stupefied as if with liquor.	OPIUM 200
● Blue rings around eyes. ○ Swelling and necrosis of lower jaw. ○ Tearing pain in facial bones.	PHOSPHORUS 200
● Urticaria. Skin purple. Large burning blotches. ○ Intense itching. ○ Restlessness.	RHUS TOX 200
● Yellow blotches. Saddle-like yellow distribution of brown, yellow spots on nose and cheeks. ○ Women with uterine problems. ○ During climacteric.	SEPIA 200
● Pale, blue, cold in collapse. ○ Icy coldness.	VERATRUM ALB 200

Distortion

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Distortion and twitching of left facial muscles. When speaking, left angle of mouth is drawn upwards and to the left. ○ Worse cold weather, friction, touching.	TELLURIUM 30

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Eczema

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Moist eczema around mouth and chin. ○ Eczema of nose.	GRAPHITES 200

Erysipelas

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning. Erysipelas. Redness and swelling of the skin. Large blisters. ○ Biting heat with urinary symptoms. ○ Moaning sounds.	CANTHARIS 200
● Of vesicular variety. Large burning blisters. Inflammation spreading fast. Skin purple, pits on pressure. ○ Restlessness and intense itching.	RHUS TOX 200

Also please refer 'ERYSIPELAS' under 'SKIN'.
Also 'BELLADONA' under 'PAIN' below.

Jaws

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Contraction of jaws with foam at mouth. Epileptic fit.	CUP MET 200
● Jaws clenched in rigid spasm. Frothing. Pale bluish lips. ○ Convulsion and paralysis. ○ Paralysis of lungs with marked blueness of skin.	HYDRO-CYANIC ACID 200
● Hanging down of lower jaw.	OPIUM 200
● Jaws crack when chewing.	RHUS TOX 200

Numbness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Numbness, followed by intense pain like hot wires running through the face. Either on exposure to dry, cold air or due to grief or fear.	ACONITE 30
● Coldness and griping numbness. Numbness in the whole right side of the face. ○ Bones feel as if being screwed.Pain increases and decreases gradually. ○ Anaesthetic paralysis. ○ In hysterical women. ○ Better walking in open air, in sunshine. ○ Worse evening.	PLATINA 30

Pain/Neuralgia

Neuralgia is paroxysmal pain extending along the course of one or more nerves.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Neuralgia of left side with restlessness, tickling and numbness. ○ Pain like hot wires running along and through. ○ On exposure or due to fear or anguish.	ACONITE 30
● Neuralgia as if cold needles run through the nerves. ○ Lancinating, tearing pain, in cheeks. ○ Facial muscles twitch. Jerking, twitching, trembling. ○ Worse cold air, cold weather.	AGARICUS 200
● Needle-like pain. ○ Face pale, yellow, swollen, burning. Malnutrition. ○ Great anguish and restlessness. ○ Nightly aggravation.	ARSENIC ALB 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent, throbbing pain in the face. Carotids throbbing. ○ Face radiating heat. ○ On exposure to cold wind. ○ Face bright red, going purple. Intolerable twitching. Fever. Erysipelas of the face. ○ Orbital neuralgia in conjunctivitis. ○ Worse right side. Worse on movement.	BELLADONNA 200
● Pain in facial nerves. Right side. ○ Constriction like an iron band tightening.	CACTUS Mother tincture 10 drops in water every hour till pain is relieved.
○ Spasmodic, violent, clutching pain. The patient cries out. ○ Face flushed red, going blue. Lips blue.	
● Pain and hard swelling in jaw-bone and cheek. ○ Intense neuralgia with chilliness. ○ Pain in stomach, teeth and head together. ○ Pressure relieves. ○ Worse from anger or indignation.	CALC FLUOR 30 for a week or more. Slow acting.
● Facial neuralgia with pain in the cheeks, in upper jaw and behind right ear. ○ In spasmodic cramps, convulsions. ○ In women worse before menses.	CUP MET 200
● Facial neuralgia, worse even from the slightest exposure to damp cold.	DULCAMARA 200
● Facial neuralgia from carious teeth. After tooth extraction. ○ Jaws swollen. Abscess in gums.	HECKLA LAVA 30

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Neuralgia of the chief facial sensory nerve and the motor nerve of the masticatory muscles. Left side. Tearing pain in jaw bone. Heat running into head. ○ Face purple, swollen, pale. ○ Left-sided paralysis.	LACHESIS 200
● Neuralgia, violent, about face and teeth, running towards ears. With chilliness. At night. ○ Patient very sensitive to cold air. ○ Ciliary neuralgia present. ○ Better near a hot stove. ○ Worse eating.	MEZERIUM 30
● Tearing pain in facial bones with swelling. Necrosis of lower jaw. Decay.	PHOSPHORUS 200
● Pain with numb feeling in molar bones. Creepiness and numbness in whole right side of the face. ○ In hysterical women. ○ Better walking in sunshine, in open air. ○ Worse evening.	PLATINA 30
● Begins in occiput. Spreads over to settle in right eye. Veins in the temple distended. ○ Patient sensitive to noise and light. ○ Nausea, vomiting. ○ Pain begins in the morning, gets worse in the day, lasts till evening.	SANGUINARIA 200
● Pain involving head, eye, face, zygoma, cheek, teeth and temple. Left side mostly. ○ Pain increases and decreases respectively with rising and setting sun. ○ Pain below frontal eminence and temples, of the fifth nerve. Extending to the eye. Violent, throbbing, unbearable. ○ Eyes water, feel large for their sockets. ○ Worse from motion.	SPIGELIA 200

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Paralysis

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Facial paralysis. More on the left side. Distortion of mouth.	CADMIUM SULPH 200
● Of face, on exposure to cold wind.	CAUSTICUM 200
● Left-sided. Extending to right. Facial neuralgia.	LACHESIS 200

Also please refer BELL'S PARALYSIS above.

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Face swollen, pale, yellow.	ARSENIC ALB 200
○ Needle-like pains.	
○ Burning.	
○ Restlessness.	
● Swollen, red, hot and shiny. Swelling of upper lip.	BELLADONNA 200
○ On exposure to cold wind.	
● Hard swelling of cheek with pain in jaw-bone.	CALC FLUOR 30
● Blue, puffy. Pale.	CARBO VEG 200
○ Cold with cold sweat.	
○ Imperfect oxygenation.	
● Enlargement and swelling of upper jaw-bone. Abscess in gums.	HECKLA LAVA 30
○ Facial neuralgia.	
● Face swollen, red and puffy. Lips black and swollen.	MERC COR 30
● Face red, swollen, dark and hot.	OPIUM 200
○ Lower jaw hanging down.	
● Swelling and decay of lower jaw.	PHOSPHORUS 200
○ Tearing pains in facial bones.	
○ Blue rings around eyes.	

Twitching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Twitching. Muscles of the face stiff.	AGARICUS 200
○ Worse on contact with air, in cold weather.	

God has given you one face and you make yourselves another.

Shakespeare in 'Hamlet'

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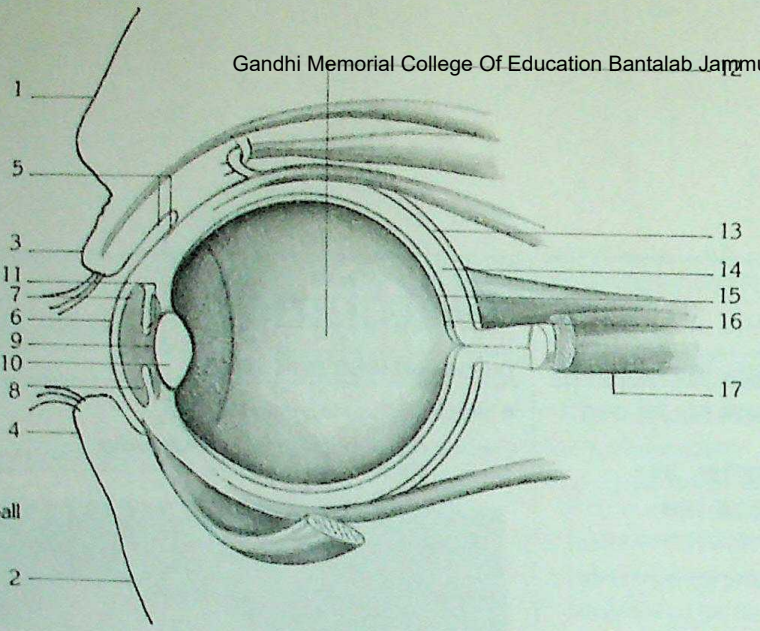

1. Forehead
2. Cheek bone
3. Upper eyelid
4. Lower eyelid
5. Conjunctiva
6. Cornea
7. Aqueous humor
8. Iris
9. Pupil
10. Lens
11. Ciliary muscle
12. Vitreous humor
13. Sclera
14. Choroid — Coats of the eyeball
15. Retina
16. Macula
17. Optic nerve

THE EYES

Our usual perception of the world depends on the eye and its health. Through the eye we see. But actually what happens is that images of objects are formed through the pupil on the retina and are conveyed from there through a complicated process to the brain by way of nerve impulses. The conversion of light rays into nerve impulses and their consequent interpretation by the brain are phenomena which have not yet been fully explained.

On the outside, the eye is protected by eyelids fringed with eyelashes. The eyebrows prevent sweat from running into the eyes.

The conjunctiva forms the lining inside the eyelids and the protective outer cover of the eyeball. Further protection is provided by glands which produce tears to clean the eye of any foreign substance and also kill harmful bacteria. The tears are washed away into the throat through a drainage mechanism in the corner of the eye near the nose.

The coloured part of the eye in the front is called the iris. In the centre of the iris is the pupil through which light passes. The size of its opening adjusts according to the quantity of light entering the eye.

Behind the iris is the lens through which light passes before it falls on the retina which forms the innermost lining of the back of the eyeball and which is rich in nerves. In a thickness of about 0.4 millimeters are located the receptors for the sensation of light. Here, the light waves are converted into nerve impulses which are later transmitted to the brain for analysis and interpretation.

Inside the eye is the vitreous humor which is responsible partly for the shape of the eyeball.

The transparent anterior part of the external coat of the eye is known as the cornea. It covers the iris and the pupil. It is part of a sphere which is superimposed upon the surface of the large sphere, the eyeball.

"Drink to me only with thine eyes
And I will pledge with mine;
Or leave a kiss but in the cup
And I'll not look for wine."

Ben Jonson

The movement of the eyeball is controlled by small muscles surrounding it. The tear glands produce lubricants for the moistening of the cornea. Continuous drainage is provided by the tear ducts into the nasal cavity.

The most common problems of the eye are watering and conjunctivitis. Another uncomfortable situation is when a foreign body enters the eye and causes pain and swelling.

Most eye problems can be taken care of by proper medication. For defects in vision, use of spectacles or contact lenses is the only way out.

For the health of the eye, the following suggestions may be kept in mind:

i. Keep eyes clean, wash them with cold, running water as often as necessary.
ii. Do not strain your eyes through overuse. Poor lighting conditions while reading or doing minute work are not conducive to the good health of the eye.
iii. Protect your eyes if you are working in an environment which can cause damage to the exposed surface. This precaution is as much necessary while watching television as while doing work with an oxi-acetylene flame or while handling fast moving tools in a metal workshop.
iv. Avoid the use of eye drops, ointments or other such medicines unless so advised by a doctor.
v. Do not rub the eyes in case of infection or if you have a feeling of sand under the eyelids. Rubbing spreads the infection and worsens the situation. It causes injury to the eyes.
vi. If your vision is deteriorating, consult an ophthalmologist for glasses or contact lenses.
vii. Whenever possible, exercise the eye muscles. This takes away fatigue besides making the muscles more flexible.

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INDEX

Black Eye 88
Bleeding 88
Blepharitis 88
Blindness 88
Blisters 89
Burning 89
Canthi 89
Cataract 89
Chalazion 90
Colour 90
Colour Blindness 90
Conjunctivitis 90
Corneal Ulcers 91
Dacryocystitis 91
Day Blindness 91
Detached Retina 91
Discharge 92
Double Vision 92
Ectropion 93
Eczema 93
Entropion 93
Eyelashes 93
Fistula of the Lachrymal duct 93
Foreign body in the eye 93
Glaucoma 94
Gout 94
Haemorrhages 94
Inflammation 94
Iritis 95
Itching 95
Opacity 96
Ophthalmia 96
Pain 96
Photophobia 97
Red 97
Rings around the eyes 98
Retina Detached 98
Sand 98
Squint 98
Stare 98
Styes 98
Sub-conjunctival haemorrhage 99
Swelling (Oedema) 99
Tear duct blocked 99
Trachoma 99
Twitching 99
Ulcers 99

THE EYES

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Black Eye

An injury to the eye may cause a bruise which makes the skin black around the eye. There is swelling.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● This medicine must be given as early as possible after the injury has been inflicted.	ARNICA 200
● Black eye from blow or contusion. More effective than Arnica, particularly when nerves have been injured.	LEDUM 200

Bleeding

Please see 'HAEMORRHAGES' below.

Blepharitis

An inflammation of the eyelids with irritation. There is redness and a feeling of grit.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Red eruptions on the lids. Eyelids swollen.	GRAPHITES 200
○ Margins covered with scales and crust.	
● Chronic blepharitis. Eyes are dull, sunken, red and itching.	ANTIM CRUD 200
○ Inflammation.	
○ Canthi raw and fissured.	
● In acute cases when the suppuration is about to set in or pus has already formed. There is throbbing pain in the inflamed lids.	HEPAR SULPH 200
○ The patient is better by warmth and worse by cold application.	
● Blepharitis as a result of consumption of fatty food: comes along with acne of the face.	PULSATILLA 30, 200
○ A tendency to form styes.	
● Very severe cases of blepharitis with ulceration of the lids.	MERC COR 30
○ The eyeballs ache.	
○ The patient is sensitive to cold touch and cold application.	

In order to prevent blepharitis, care should be taken to prevent dandruff, if any, on the scalp of the person. For removal of dandruff, a diluted solution of Savlon has been found to be effective as a shampoo.

Blindness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Day blindness.	BOTHROPS 30
○ Haemorrhage into retina. Conjunctival haemorrhage.	
○ Blindness from haemorrhage.	
● Colour blindness.	CARBO SULPH 30
○ Sensitivity for light, for red and green colours lost. White visible.	
○ Cloudiness. Atrophy of the optic disc.	
○ Reduced vision.	
● Night blindness on account of anaemic retina.	CHINA 200
○ Black spots before eyes.	
○ Pressure in eyes.	
○ Hollow eyes. Sunken.	
○ Weakness resulting from an exhausting discharge in a sickness like copious cold or in menstruation.	
○ Better open air.	
○ Sensitive to touch.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● When reading, lines disappear. Images moving away, coming nearer, wavering.	CICUTA 200
○ Squint.	
○ Spasm in the eyes. Result of injuries.	
● Night blindness.	PHYSOSTIGMA 30
○ Pupils contracted.	
○ Increasing myopia.	
○ Paresis of accommodation.	
○ Paralysis of eye following diphtheria.	
○ Glaucoma.	
○ Photophobia.	

Blisters

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Little blisters on cornea.	EUPHRASIA 200

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning, smarting eyes with bland discharge.	ALLIUM CEPA 200
○ Eyelids burning.	
○ Nasal discharge, if any, is acrid.	
○ Sensitive to light.	
○ Better open air.	
● Burning in the eyes with acrid lachrymation.	ARSENIC ALB 200
○ Lids red, ulcerated and granulated.	
○ Swelling around eyes.	
○ Intense photophobia. Restlessness.	
○ Better warm application.	
○ Midnight aggravation.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe burning. Soreness of the eyes.	MERC COR 30
○ Lids oedematous, red, excoriated.	
○ Acrid discharge.	
● Burning with ulceration of margins of lids.	SULPHUR 200
○ Chronic ophthalmia.	
○ Cornea hurts like ground glass.	
○ Black floaters.	
○ Unclean habits.	

Canthi

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Canthi raw and fissured.	ANTIM CRUD 200
● Inner canthi swollen and red.	ARG NIT 200
● Soreness of canthi. Intense itching and inflammation.	ZINCUM MET 200
○ Excoriating discharge of water.	
○ Worse inner canthus.	

Cataract

With advancing years, the crystal clear lens of the eye gets clouded. This clouding or misting of the lens reduces the amount of light and distorts the rays of light which enter the eye for proper sight. Surgery is advisable if the medicines indicated below do not help in the early stages.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Foggy vision.	CALCAREA CARB 200
○ Chronic dilatation of pupils.	
○ Spots and ulcers on cornea.	
○ Watering eyes.	
○ Worse in open air, in the morning.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In early stages, one dose of 1000 potency every week.	CAUSTICUM 1000
○ Severe myopia.	
● Opacity of cornea. Soft cataract. Vision gets hazy.	NAPTHALENE 30
● Cataract accompanied by photophobia.	PHOSPHORUS 200
○ Misty veil over eyes.	
○ Black spots before eyes and appearance of printed letters as red.	
○ A green halo is seen around candle-light.	
● One dose every week in the morning. No other medicine that day. Continue the indicated medicines on other days.	SULPHUR 200

Chalazion

Swollen pockets on the eyelids looking more like styes. But these do not form on the edge of the lid.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chalazion. Fatty deposits under the skin of eyelids forming heads on the outside.	STAPHYSAGRIA 200
○ Repeated, recurring styes.	

Colour

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dirty yellow colour of the white of the eyes. In liver problems; in jaundice.	CHELIDONIUM 30
○ Neurotic pain over right eye.	
● Conjunctiva yellow in jaundice.	CHIONANTHUS 30
○ Liver enlarged. Spleen enlarged.	
○ Jaundice with diabetes mellitus. Bile and sugar in urine.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Restless, apathetic look.	
● Flickering of various colours. Sees countless stars.	CYCLAMEN 30
○ Disturbance associated with gastric problems.	
○ Vision dim, worse on waking up.	
○ Worse open air, evenings.	
● Objects appear green and yellow.	DIGITALIS 30
○ Detachment of retina.	
○ Black floaters.	
● Iris muddy in colour. Neither contracts nor dilates.	MERC COR 30
○ Lids oedematous, red, excoriating. Severe burning.	
● Sees green halo around candle-light. Letters appear red.	PHOSPHORUS 200
○ Black floaters.	
○ Thrombosis in retinal vessels.	
○ Pain in orbital bones.	

Colour Blindness

An inherited problem in which the affected person is unable to distinguish certain colours, most commonly red and green.

For medicines, please refer 'BLINDNESS' above.

Conjunctivitis

The conjunctiva is the membrane which covers the white of the eye and the inner surface of the lids. Conjunctivitis is an inflammation of the conjunctiva. There is a feeling of sand in the eyes. The eyes are red. In severe conjunctivitis the eyelids are swollen. There is intense photophobia, that is, sensitivity to light, and copious watering. Mucus or pus also forms. At times, the eyelids cannot be opened.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Oedematous conjunctivitis. Eyes swollen. Lids red. Piercing, stinging pain. Hot water flowing. ○ Chronic granular lids. ○ Better on cold application.	APIS 1000, 10000
● Acute, granular, swollen. Canthi blood-red, swollen. ○ Profuse, purulent discharge. ○ Ophthalmia. ○ Chronic ulceration of the margins of the eyelids.	ARG NIT 200
● Conjunctiva red, dry, burning. ○ Sudden onset. ○ Eyelids swollen. Eyes protruding, burning, fiery. ○ Orbital neuralgia. Intense pain. ○ Intense photophobia. ○ Worse on movement of the eyes, from light.	BELLADONNA 200
● Conjunctivitis catarrhal. Acrid discharge from eyes all the time. Bland discharge from nose. ○ Sticky mucus on the cornea, removed by winking. ○ Blisters on the cornea. ○ Pressure in the eyes.	EUPHRASIA 200
● Conjunctivitis purulent. Copious discharge. ○ Eyes and lids red and inflamed. ○ Sensitive to touch and air. ○ Shooting pain in upper bones of orbits. ○ Ulcers on cornea. ○ Iritis. Pus inside.	HEPAR SULPH 200

Corneal Ulcers

An injury or viral infection can cause ulcers on the cornea, the front of the eye. These ulcers are very painful. There is stabbing pain.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute, shooting pain. ○ Eyelids red, cornea ulcerated.Sensitive to touch and air. ○ Suppurating ulcers.	HEPAR SULPH 200
● Inflammation with ulcers on the cornea. ○ Suppuration. ○ Either a thin copious discharge or blood-tinged, thick, yellow pus with ulceration. ○ Foreign matter in the eye. ○ Intense photophobia. ○ The most inveterate and chronic cases.	SILICEA 200

An injury to the eye can be caused by a speck of sand or by any foreign matter. Try to remove it with the soft touch of a pointed cloth. If a chemical gets into the eye, wash out with flowing water at the earliest.

Dacryocystitis

A minor inflammation and infection of the tear duct. Partial or complete blockage of the duct results in too much watering of the eyes. There is redness, pain and swelling near the tear duct. Later pus or mucus is discharged.

For medicines, please refer 'DISCHARGE' below.

Day Blindness

Defective vision in bright light.

For medicines, please refer to 'BLINDNESS' above.

Detached Retina

This problem requires immediate medical attention. There is a sudden, painless loss of vision preceded at times by flashing lights. In the innermost

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layer of the eyeball known as the retina, there may be a puncture through which the fluid enters and causes its detachment from the next or the middle layer known as the choroid.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inflammation and opacity in the retina. A curtain across the field of vision.	AURUM MET 200
○ Upper half of vision curtained. Lower half clear.	
○ Yellow crescent-shaped bodies floating obliquely upward in the field of vision. Occasional showers of light, star-like bodies in upper dark section.	
● Detachment due to injury.	ARNICA 1000
● Sudden dimness of vision. Detachment caused by injury or myopia.	GELSEMIUM 200
○ Double vision.	
○ Dim vision.	
○ Black spots.	

Discharge

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bland. Yet the eyes burn and smart.	ALLIUM CEPA 200
○ Profuse with copious, acrid coryza.	
● Purulent. Abundant.	ARG NIT 200
○ Canthi blood-red.	
○ Acute conjunctivitis.	
○ Ophthalmia.	
● Acrid with granulated red lids. Oedema around eyes. Eyes burning. Lids ulcerated.	ARSENIC ALB 200
○ Restlessness.	
○ Better warm application.	
● Yellow, thick and lumpy. Eyes inflamed.	CALC SULPH 30
○ Cornea smoky.	
○ Chronic cases.	
○ Yellowish, purulent mucus flowing through nose inwards, into the throat. Frequently tinged with blood.	
● Thick, yellow.	DULCAMARA 200
○ Granulated lids.	
○ Every cold settles in the eyes.	
○ From exposure to damp cold weather.	
● Acrid discharge from the eyes and bland discharge from the r ose. The eyes water all the time.	EUPHRASIA 200
○ Burning and swelling of the lids.	
○ Catarrhal conjunctivitis.	
● Profuse, burning. Purulent ophthalmia. Swollen lids.	MERC SOL 200
○ Iritis.	
○ Inflammation of cornea.	
● Acrid discharge with severe photophobia.	MERC COR 30
○ Lids swollen, red, excoriated.	
○ Severe burning.	
● Profuse, yellow, thick, bland.	PULSATILLA 30
○ Lids inflamed, glued together.	
● Continuous watering because of swelling of lachrymal duct. Bothersome.	SILICEA 200
○ Dislike of daylight. Sunlight dazzles, causes sharp pain in eyes.	
○ Abscess in the eye for any reason.	
○ May have to be used for months in chronic cases.	

Double Vision

A defect in the muscles that co-ordinate the eye movements causes double vision. It is also known as "DIPLOPIA".

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Double vision caused by myopia, by chill, by congestive headaches.	GELSEMIUM 200
● Sees double with both eyes, normal with one eye.	PLUMBUM MET 30
● Double vision. Squint.	HYOSCYAMUS 200
○ Objects are seen with coloured border.	
○ Pupils dilated, shining, fixed.	

Ectropion

A turning out of the eyelid. It causes considerable discomfort and inconvenience. Tears cannot be drained down the tear ducts into the nose. Therefore, the eyes continue to water.

For medicines, please refer 'EYELASHES' below.

Eczema

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● On the eyelids with fissures. The eyelids are red and swollen.	GRAPHITES 200

Entropion

Turning in of the eyelids. The eyes become sore and red. There is lachrymation.

For medicines, please refer 'EYELASHES' below.

Eyelashes

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Turned outwards.	APIS 200
● Turned inwards.	BORAX 200
● Drooping eyelids. Intense photophobia.	CONIUM 200
● Loss of eyelashes. Marginal blepharitis.	PETROLEUM 30
○ Canthi fissured.	

Fistula of the Lachrymal Duct

An abnormality in the lachrymal duct.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In lachrymal duct.	CALC CARB 200
○ Watering worse in open air and early in the morning.	
● Lachrymal fistula. Sensation as if wind blowing through eyes.	FLUORIC ACID 200
○ Inner canthi itching violently.	
○ Swelling in the bone above the nose and between the eyes.	
○ Chronic cases.	

Foreign Body in the Eye

A speck of dust can cause irritation and discomfort. The eye begins to water. There is a smarting pain.

Do not rub the eye. Try to remove the foreign body with a gentle touch with the help of cotton wool, or the corner of a clean soft handkerchief.

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In any accident caused in factories, urgent medical help is required. So, too, for a spray of a chemical into the eye. First-aid would consist of washing the eye with running water or by dipping the head, with lids forcibly open, into a bucket of water.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● To take care of the injury and the consequent pain and pus formation. Arnica 1000 should be administered at 24 hours intervals for a few days after the acute stage is over.	ARNICA 200, 1000
● To look after injury, if any, to nerves of the eye. Hypericum 200 should be administered 3 times a day till the pain lasts.	HYPERICUM 200

Glaucoma

Progressive loss of vision with increased pressure inside the eyeball.

Elderly people are sometimes affected by this disease of the eye. Both the acute and chronic types are serious. If recovery does not come in the initial stages, the damage is irreversible. It leads to blindness. The disease is caused by a sudden blockage of the area at the side of the iris of the eye. The pressure inside the eye increases severely. There is acute pain, blurring of the vision and visual disturbance. Severe pain causes vomiting. At night the patient sees colourful halos around a light source.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Glaucoma with iridescent vision. Rainbow-like halos around light.	OSMIUM 30
○ Green halo around light.	
○ Violent supra-orbital and infra-orbital neuralgia.	
● Objects look red, often blue in the field of vision.	PHOSPHORUS 200
○ Vision dim; momentary blindness as if from fainting.	
○ General amelioration from rest.	
○ Very useful remedy in Glaucoma.	

Gout

Painful inflammation of the joints spreading at times to the eyes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gouty problems of the eyes. Violent pain in the eyeballs, preceding glaucoma.	COLOCYNTHIS 200
○ Sharp pain. Better on pressure.	

Haemorrhages

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Conjunctival haemorrhage into retina. Causing day blindness.	BOTHROPS 30
● Retinal; non-inflammatory. Sub-conjunctival haemorrhages.	CROTALUS 30
○ Ciliary neuralgia.	
○ Sensitive to light.	

Inflammation

Localised redness, heat, swelling and pain. Result of injury, irritation or infection.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sudden, bright red inflammation on exposure to dry cold wind. Lids swollen.	ACONITE NAP 30
○ Feeling of a foreign body in the eye.	
○ Acute problem.	
● Suppurating inflammation of the eyes.	APIS 200, 1000
○ Burning, stinging pain.	
○ Chronic conjunctivitis.	
○ Better on cold water application.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe inflammation; suppuration.	ARG NIT 200
○ Profuse purulent discharge.	
○ One of the finest medicines available for inflamed eyes.	
● Sudden, violent inflammation in the optic nerve and in retina.	BELLADONNA 200
○ Eyes red, fiery, protruding.	
○ Intense throbbing pain.	
○ Worse motion, light, cold air exposure.	
● Pus in anterior chamber.	HEPAR SULPH 200
○ Iritis.	
○ Purulent conjunctivitis. Copious discharge. Eyes and lids red and inflamed.	
○ Piercing, shooting pain in upper orbits.	
○ Sensitive to touch, to air.	
● Of cornea (Keratitis). Effects of exposure to glare of fire, such as in a foundry.	MERC SOL 200
○ Burning pain. Black floaters.	
○ Copious, excoriating, burning flow.	
● Inflammation of eyelids.	PETROLEUM 200
○ Marginal blepharitis.	
○ Canthi fissured.	
● Of lids with thick, profuse, green or yellow, bland discharge.	PULSATILLA 30
● Chronic and recurrent inflammation of cornea. Succession of abscesses.	SYPHILINUM 200, once a day
○ Copious discharge.	
○ Lids swollen.	
○ Intense photophobia.	
○ Intense pain at night.	
○ Worse at night in summer.	
● Of inner canthi with severe itching. Excoriating discharge.	ZINCUM MET 200

Iritis

Inflammation of the iris.

A painful condition of the eye with redness and excessive flow of water. The patient does not like bright light. There is pain deep in the socket of the eye.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pus in anterior chamber. Shooting pain. Eyes red, inflamed.	HEPAR SULPH 200
○ Worse on touch.	
● Inflammation of the iris.	MERC COR 30
○ Iris muddy in colour.	
○ Virtually no pus.	
○ Iris thick. Neither contracts nor dilates.	
○ Iritis, ordinary or syphilitic.	
○ Pain, tearing, shooting, burning.	
○ Pain worse at night.	

Itching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Intolerable, of eyeballs.	AMBROSIA 200
○ Lachrymation, smarting, burning.	
○ In hay fever. With watery coryza, sneezing, wheezing and coughing.	
● Severe in inner angles; in the canthi. Eyes sore, inflamed.	ZINCUM MET 200
○ Itching and soreness of the eyelids.	
○ Excoriating discharge.	

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Opacity

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of cornea. Night blindness.	CAD SULPH 30
● Cataract. Chronic dilatation of the pupils. Foggy vision.	CALC CARB 200
○ Watering. Duct closed on exposure to cold.	
○ Fistula in lachrymal duct.	
○ Spots and ulcers on cornea.	
○ Worse in open air, in the morning.	
● Soft cataract. Detachment of retina.	NAPHTHALINE 30

Also see 'CATARACT' and 'DETACHED RETINA' above.

Ophthalmia

Severe inflammation of the eye.

For medicines, please refer 'INFLAMMATION' above, 'RED' and 'SWELLING' below in this chapter.

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Piercing pain. Burning. Stinging.	APIS 1000, 10000
○ Chronic granular lids.	
○ Trachoma.	
○ Extremely effective medicine.	
● Bruised, sore after close work.	ARNICA 200
○ Tired, weary after sight-seeing, after a movie.	
○ As a result of injury to the eye.	
● Throbbing pain, deep in the eyes, on lying down. Sudden. Violent.	BELLADONNA 200
○ Pupil dilated and protruding.	
○ Conjunctiva red, dry, burning. Eyes staring, brilliant. Lids swollen.	
● In the right eye, the right cheek or in the right ear.	CHELIDONIUM 30
○ Excessive lachrymation preceded by pain in the liver.	
○ Jaundiced state.	
○ Pressure relieves.	
● Intense pain in the eye-ball. Deep-seated. Shooting pain from the eyes to the top of the head.	CIMICIFUGA 200
○ Dislike of artificial light.	
○ Better warmth.	
○ Worse morning, cold, menstruating.	
● Pain from lachrymal duct around the eye to the temple. From the inner canthi, across the brows to the ears.	CINNABARIS 30
○ Ciliary neuralgia.	
○ Severe shooting pain in the bones of the orbit.	
○ Redness of the whole eye.	
○ Granulated lids.	
● Orbital neuralgia with constriction and twitching of muscles.	GELSEMIUM 200
○ Onset of influenza.	
○ Detached retina.	
● Piercing pain in upper bones of the orbits. Purulent conjunctivitis.	HEPAR SULPH 200
○ Eyelids red. Sensitive to touch and air.	
○ Trachoma with discharge of pus.	
● Supra-orbital neuralgia. Pain deep in the orbits. Infected sinus.	KALI BI 200
● Supra-orbital pain with aching in testicles.	LYCOPUS VIRG 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe aching pain beyond the eyeballs. The eyes being forced out.	MERC COR 30
○ Corrosive, thin discharge.	
○ Iris muddy. Neither contracts, nor dilates. Red, swollen, inflamed, excoriated, burning iritis.	
○ Chronic trachoma.	
● Pain in the eyes when looking down.	NAT MUR 200
○ Headache in school children.	
○ In anaemic persons.	
● Reflex neuralgia of the eyes on account of toothache or inflammation of the middle ear. Eyeball tender to touch.	PLANTAGO 30
● Eye strain following minute work. Followed by headache. In students, teachers, tailors etc.	RUTA 200
○ Eyes weary and aching.	
○ Burning in eyeball.	
● Pain on turning the eyes. The eyes feel too large for their sockets. Pain severe, extends deep into the sockets.	SPIGELIA 200
○ Eyes water.	
○ Ciliary neuralgia. Stabbing, throbbing pain.	
○ Pain covers temple, eye, zygoma, cheek, jaws, teeth.	
○ Worse on motion.	

Photophobia

Abnormal visual intolerance to light.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sensitive to light. The eyes burn, smart.	ALLIUM CEPA 200
○ Bland discharge.	
● Intense. Burning sensation. Swelling.	ARS ALB 200
○ Restlessness.	
● Extreme photophobia. Upper half of objects invisible.	AURUM MET 200
○ Striking pain inwards.	
○ Detachment of retina.	
● Intense.	BELLADONNA 200
○ Violent red, dry conjunctiva. Protruding eyes.	
○ Intense pain.	
● Dislike of artificial light.	CIMICIFUGA 200

Red

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Lids red and swollen. From exposure to dry cold air.	ACONITE 30
○ Acute trachoma.	
● Inner angles, canthi red.	AGARICUS 200
● Canthi red, raw and fissured.	ANTIM CRUD 200
○ Chronic redness.	
● Inner canthi, swollen and red.	ARG NIT 200
○ Purulent ophthalmia. Copious flow of water.	
● Eyelids red. Swelling around eyes.	ARSENIC ALB 200
○ Burning in eyes.	
○ Acrid discharge.	
○ Granulated lids.	
○ Restlessness.	
● Conjunctiva red, dry, burning. Eyelids swollen. Eyes protruding.	BELLADONNA 200
○ Sudden violent redness.	
○ Worse on movement of the eye; from light.	
● Red spots afloat in the field of vision with acute or chronic conjunctivitis.	DUBOISIA 30
● Eyelids red and swollen.	GRAPHITES 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Eczema on the eyelids. ○ Fissured lids. ● Lids swollen, red, excoriating. Severe burning and soreness of eyes. ○ Chronic trachoma.	MERC COR 30

Rings around the Eyes

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Blue rings around eyes. ○ Dull looking eyes.	ABROTANUM 30
● Dark rings around eyes. ○ Sunken eyes. Profound anaemia.	ACETIC ACID 30
● Blue rings around eyes in anaemia. Face pale, sallow. ○ Debility due to excessive discharge of liquid from body.	CHINA 200
● Blue rings around the eyes. ○ Glassy appearance. ○ Eyeballs as if forcibly pressed together and into the head.	PHOSPHORIC ACID 30

Retina Detached

Please see 'DETACHED RETINA' above.

Sand

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute feeling of sand in the eyes. ○ Lids swollen, dry, hot and red on exposure to cold air.	ACONITE 30
● Chronic granular lids. ○ Eyes swollen, puffy, watering.	APIS 200, 1000

Squint

A serious problem of the eye. The sufferer sees two images in place of one. The eyes, particularly in babies, appear to focus in different directions.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pupils dilated; squinted. Eyes staring. ○ Objects recede, approach, seem double. ○ Periodic squint. Spasmodic. ○ After an injury.	CICUTA 200
● The most useful remedy for a squint. Disturbed muscular functioning of the eye. ○ Corrects blurring and discomfort experienced even after prescription and use of accurate lenses.	GELSEMIUM 200

Stare

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Eyes fixed. Staring. Sunken. Glistening. Turned upwards. Crossed. Quick rolling of eyeballs. ○ In epileptic attacks.	CUP MET 200

Styes

Formation of pus in a gland of the eyelid.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With swollen eyelids.	APIS 200
● Near internal canthi.	LYCOPODIUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First medicine. Mostly a sure cure.	PULSATILLA 30, 200
● Recurring styes.	STAPHYSAGRIA 200
○ Chalazion.	
○ To prevent recurrence.	

Sub-Conjunctival Haemorrhage

Haemorrhage below the white conjunctiva of the eye. It is not a serious problem. The affected portion becomes red. By and large, there is no pain.

For medicines, please refer 'HAEMORRHAGES' above.

Swelling (Oedema)

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Lids swollen, red. Conjunctiva bright red and puffy.	APIS 1000, 10000
○ Suppurated inflammation of the eyes.	
○ Stinging pain.	
○ Chronic granular lids.	
● Acute granular conjunctivitis with great swelling. (Less than Apis).	ARG NIT 200
● Around eyes with burning in eyes and acrid flow of tears.	ARSENIC ALB 200
○ Lids ulcerated, granulated and red.	
● Swelling of lids in catarrhal conjunctivitis.	EUPHRASIA 200
● Eyelids swollen and red, fissured.	GRAPHITES 200
● Swelling over upper lid, like little bags.	KALI CARB 200, once a day.
○ Swelling of the bone between the eyebrows.	
○ Eyelids feel stitched together in the morning.	
● Eyelids swollen, red, with severe burning pain in the eyes.	MERC COR 30

Tear Duct Blocked

When eyes are watering continuously, one of the major reasons can be a blocking of the tear duct.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Copious flow with intolerable itching of the eyelids.	AMBROSIA 30
● Excoriating discharge from the eyes. Non-stop.	EUPHRASIA 200
○ Burning and swelling of the eyelids.	
● Inflamed lids, glued together. Bland, yellow, thick discharge.	PULSATILLA 30
○ Tear ducts blocked.	

Trachoma

A serious disease of the eye, spread by contaminated hands or towels. The eyes are swollen and inflamed. Discharge of pus. There is acute photophobia.

For medicines, please refer to 'PAIN' and 'RED' above according to the predominating symptoms.

However, APIS 1000 gives early relief.

Twitching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of eyelids, eyeballs.	AGARICUS 200

Ulcers

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ulceration of eyelids.	ARSENIC ALB 200
● On cornea.	HEPAR SULPH 200

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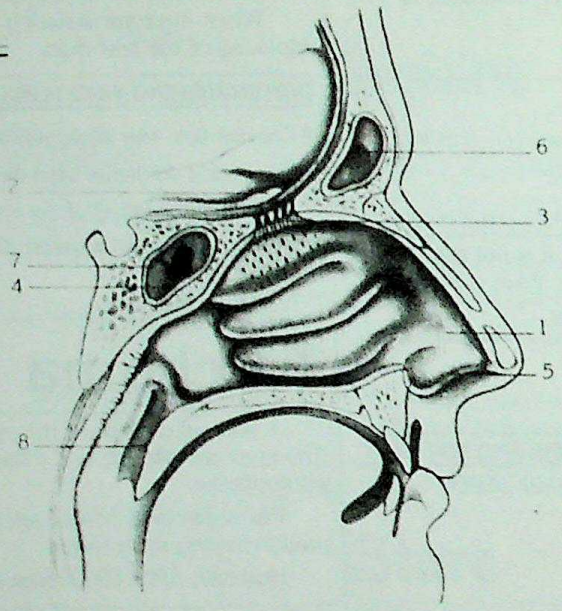
THE NOSE



1. Nasal cavity
2. Olfactory bulb
3. Sensory epithelium
4. Olfactory nerve
5. Inlet for air
6. Frontal sinuses
7. Sphenoid sinus
8. Eustachian tube

The Nose and the Sense of Smell

The nasal cavity, lined with mucous membrane, is a narrow chamber going up high. Its floor is the roof of the mouth and its ceiling the brain case. In its roof are located olfactory bulbs and sensory epithelia. The inhaled air passes over the latter and activates the bulbs to convey a sense of smell to the brain. The process of smell is not fully understood as yet.

The nose is a part of the respiratory system along with the mouth, nasal sinuses, nasopharynx, left and right bronchi and the lungs etc. The air being breathed into the lungs passes through the air passages and is filtered by them. The nose along with the throat traps infection and prevents it, though not always, from reaching the lungs. The trapped infection leads to cold, running nose and sore throat.

The nose forms the upper part of the respiratory system. The two nasal cavities have a lining which provides moisture and warmth to the air which enters the nose. The walls of the nasal cavities secrete mucus. This mucus blocks any foreign bodies like bacteria or dust trying to enter the respiratory system.

The nasal sinuses which are hollows in the bone and connect the nasal cavity with the skull quite often get infected. This infection is difficult to clear. But homoeopathic remedies like Pulsatilla and Kali Bichromicum perform this task admirably. Congested and blocked sinuses can cause severe pain and lead to a discharge of green mucus either outwards or into the throat. There is swelling as well. All this is very bothersome.

There are openings behind the nasal cavities leading to the eustachian tubes. There is a connection with the middle ear at this point.

The nose plays a very important part in activating our sense of smell, one of the earliest senses developed in living beings. In sinusitis, the sense of smell is lost. It is revived when sinuses have been cleared of the infection.

There is no way to avoid the common cold. Everyone gets it. But once the symptoms are perceptible it is better to give the body rest, and to provide for warm and moist inhalation. One should take a lot of fluids, perferably fruit juices. Homoeopathic remedies are the safest for treating the common cold. Antibiotics do not affect viruses which cause cold. On the other hand, these produce side effects such as loose motions, swelling of the lips and of the throat.

A cold can lead to bronchitis or an infection of the ear. These are comparatively more serious conditions.

Do not use nose drops for clearing a blocked nose. Depending on the symptoms, Nux Vomica or Gelsemium or Pulsatilla would clear this discomfort very fast.

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INDEX

Bleeding 102
Burning 102
Caries 102
Catarrh 102
Chronic Cold 102
Common Cold 103
Discharge 103
Dry Cold 104
Eczema 105
Eye cold settling in 105
Itching 105
Nose-bleed (Epistaxis) 105
Pain 105
Polyps Nasal 106
Post-Nasal Drip 106
Rhinitis 106
Septum Perforated 106
Sinusitis Acute or Chronic 106
Smell 107
Sneezing 107
Stuffed / Snuffles 107
Swelling 108
Tendency to catch cold 108
Tickling 109

THE NOSE

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Bleeding

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nose-bleed. Epistaxis. ○ Sneezing.	AMBROSIA Mother tincture 10 drops in water during attack every 15 minutes till bleeding stops.
● After washing, after eating. ○ Mucus with blood blown out from nose.	AMM CARB 30
● Persistent nose-bleed.	CAMPHORA Mother tincture to smell. 10 drops on sugar dose every 15 minutes till bleeding stops.
● Nose-bleed. Daily attacks. Face pale. Weak persons.	CARBO VEG 200
● Dark, stringy and clotted bleeding. Strings of blood hanging.	CROCUS 30
● Small haemorrhage in chronic catarrh or coryza. Handkerchief always tainted with blood. ○ Bleeding polyps.	PHOSPHORUS 200
● Hard crusts in nose, bleeding on loosening. ○ Nasal bones sensitive.	SILICEA 200

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute burning coryza. Copious flow excoriates lips and wings of nose. ○ Incessant sneezing. ○ Comforted by hot application. ○ Worse by cold.	ARS ALB 200

Caries

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of the nasal bones; of palate. ○ Nose obstructed, painful, ulcerated and swollen. Fetid discharge.	AURUM MET 200
● Of the nasal bones with swelling and pain.	MERC SOL 200

Catarrh

Inflammation of a mucous membrane with excessive discharge. It usually refers to inflammation in and discharge from nose, sinuses or air passages in the nose or the throat.

The medicine should be chosen according to the symptoms present such as inflammation of sinuses, type of discharge from nose, swelling in the nose and the nature of pain experienced.

For medicines please refer the respective symptoms in this chapter.

Chronic Cold

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nasal catarrh. Discharge from anterior as well as posterior nares. ○ Discharge sometimes thin; at other times thick and yellow. ○ Sneezing.	ARS IOD 30
● Old lingering cases of nasal catarrh. ○ Large, black and blood-stained lumps blown out in the morning. ○ Daytime discharge thick, yellow, rusty.	CALCAREA CARB 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nasal catarrh. Fetid odour. Greenish crusts. Foul-smelling discharge from the nose.	ELAPS COR 30
○ Stuffed nose.	
○ Pain on swallowing, from nose to ear.	
○ Worse cold drinks, wet weather.	
● Chronic inflammation of frontal sinuses. Sinusitis.	KALI BI 200
○ Acute pain. Pain in orbits of the eyes. Pain at the root of the nose. Pain deep in bones.	
○ Thick, ropy, greenish discharge inwards. Does not come out. Can never clear throat.	
○ Nose blocked.	
○ Smell lost.	
○ Violent sneezing.	
○ Worse in the morning, in hot weather.	
● Dry catarrh. Nose fully blocked. No flow.	LYCOPODIUM 200
○ Has to breathe through mouth.	
● Catarrh with small haemorrhages.	PHOSPHORUS 200
● Old cold. Yellow, green, bland mucus; fetid. Mucus coming out easily.	PULSATILLA 30, 200
○ Smell lost.	
○ Nostrils blocked.	
○ Sinusitis.	
○ Thirstlessness.	
○ Worse in warmth.	
● Cold with inflammation. Postnasal catarrh. Must be hawked through mouth.	SEPIA 200
○ Thick, greenish, bland discharge with thick plugs and crusts.	
● Cold which fails to yield. Sputum full of mucus which is offensive, thick, yellow and lumpy.	SILICEA 200
○ Violent cough when lying down.	

Common Cold

Viral infection which covers the whole of the upper respiratory tract. Not only is the lining of the nose inflamed and swollen, but also there is inflammation of the throat, the sinuses and the larynx. The patient feels weak, has a dry cough, and a sensation of tickling in the palate, the gums and the nose. At times there is congestion in the head. There is difficulty in breathing.

For medicines please refer to the respective symptoms in this chapter. The predominant symptoms should decide the medicine.

Discharge

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Extremely acrid, copious, watery. Drips like a tap.	ALLIUM CEPA 200
○ Violent sneezing.	
○ Eyes watering profusely.	
● Lachrymation with intolerable itching of eyelids.	AMBROSIA 30
○ Hay fever.	
○ Sudden, violent attack of cold.	
○ Sneezing.	
○ Nose stuffed at times.	
○ Trachea, bronchial tubes irritated.	
○ With or without asthmatic attacks.	
○ Terrible cold.	
● Excoriating, thin, watery. Burning. Nose blocked. Bleeding.	ARSENIC ALB 200
○ Hay fever.	
○ Restlessness.	
○ Better from heat, from warm drinks.	
○ Worse wet weather, from cold drinks.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic nasal catarrh, that is, inflammation of mucous membrane with free discharge, from posterior and anterior nares. Profuse, thick, yellow with sneezing. ○ Ulceration in the nose. ○ The corrosive discharge excoriates membranes from which it flows and on which it travels. ○ Persistent and irritating discharge. ○ Sneezing.	ARSENIC IOD 30
● Fetid. Full of pus, blood. In caries of nasal bones. ○ Pain deep in the nose. ○ Inflammation. ○ Terribly foul smell. ○ Worse at night.	AURUM MET 200
● Thick, yellow mucus with swelling of upper lip and nose.	BARYTA CARB 200
● Yellowish secretions; full of pus, tinged with blood, from posterior nares.	CALC SULPH 30
● Thick, ropy, greenish or yellow discharge inwards. Fetid smell. ○ Mucus very difficult to take out. ○ Sinusitis pain. ○ Tough elastic plugs from nose. ○ Loss of smell. ○ Chronic cold.	KALI BI 200
● Yellow or green, acrid and profuse. Too thick to run down the lips. At times fluent. At times blood comes. ○ Nasal bones affected.	MERC SOL 200
● Violent, fluent, changing to stoppage of nose. ○ Loss of smell and taste. ○ Cold commences with sneezing.	NAT MUR 200
● Yellow, green mucus, bland, abundant in the morning. Coming out. ○ Loss of smell. ○ Nostrils blocked. ○ Large, green, fetid scabs in the nose. ○ Bad smell of old catarrh. ○ Chronic, old coryza.	PULSATILLA 30, 200
● Thick, greenish discharge. Thick plugs and crust blown out in the morning. ○ Yellow saddle on skin across the nose.	SEPIA 200
● Bland, post-nasal. Chronic.	SPIGELIA 200
● Chronic. With small haemorrhages. Handkerchief always full of blood.	PHOSPHORUS 200

Dry Cold

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dry, stuffed coryza, acute or chronic. Has to breathe through mouth. Cannot breathe through nose. ○ Sensitive to cold air.	AMMONIUM CARB 30
● Chronic dry catarrh of the nose. Nose fully closed. ○ Fan-like motion of alae nasi which is a cartilaginous flap on the outer side of either nostril.	LYCOPODIUM 200
● Nasal membrane dry. No discharge but needs to blow constantly. ○ Pain in frontal sinuses. Heavy pain and pressure in the forehead, in roots of the nose. ○ Relieved on discharge of mucus.	STICTA 30
● Chronic dry catarrh, that is, inflammation of the mucous membrane. Dry scabs. ○ Bleeding readily on scratching. ● Polyps and adenoids.	SULPHUR 200

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Eczema

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of the nose; sore, crusty, scurfy.	ANTIM CRUD 200

Eye – Cold settling in

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Every cold settles in the eyes. ○ Worse in damp cold weather.	DULCAMARA 200

Itching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of nose at all times. Picks till bleeds. Wants to rub it and pick it. Worms in the abdomen.	CINA 200
○ The child grits his teeth in sleep, jerks, coughs and chokes. Stretches out his feet spasmodically.	
● With itching in soft palate, in the throat, in nasopharynx. Most uncomfortable.	GELSEMIUM 200
○ Onset of severe cold. Of influenza.	
○ Body pain.	

Nosebleed (Epistaxis)

Blood from the nose for any reason.

For medicines, please see under 'BLEEDING' above.

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stinging in red, swollen nose.	APIS 200
● Deep in ulcerated, swollen and obstructed nose. In caries of nasal bones. Foul pus.	AURUM MET 200
● In body, in head because of cold.	EUPAT PERF 200
○ Cold with sneezing, bursting headache, coryza, breaking bones.	
○ Influenza.	
● Influenza. Muscular soreness. Pain in occiput, in shoulders. Chill up the spine. Sneezing.	GELSEMIUM 200
○ Feeling of a band around head.	
○ Acute running nose.	
○ Face hot, besotted, looks stupefied.	
○ Itching, tickling in soft palate, in nasopharynx.	
○ High temperature.	
In all influenza cases besides Gelsemium or Bryonia or Arsenic Alb, as indicated, administer one dose of Influenzim 200 once daily till adverse symptoms have disappeared.	
● Sinusitis.	KALI BI 200
○ Pressure at the root of the nose.	
○ Pain in bones above the eyes.	
○ Pain on stooping, bending head downwards.	
○ Perforation of the septum. Ulcerated septum.	
○ Ropy, green mucus inwards.	
● With swelling of the nasal bones; caries.	MERC SOL 200
○ Very thick, yellow mucus outwards.	
● With heavy pressure at the root of the nose in dry cold. Relieved by beginning of discharge.	STICTA 30

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Polyps-Nasal

A growth or mass protruding from the mucous membranes of the nose.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With foul smell. Caries. Ulcerated nostrils.	CADMIUM SULPH 30
● With swelling at the root of the nose.	CALC CARB 30
○ Nostrils sore, ulcerated. Foul odour.	
● With acute coryza, body pain, fever and sneezing.	GELSEMIUM 200
● Bleeding easily.	PHOSPHORUS 200
○ Chronic catarrh.	
● Full of mucus. Large, irregular clinkers discharged in chronic catarrh.	TEUCRIUM MARUM 30 Dry powder for local application.
○ Nostrils blocked. Crawling sensation in them.	
○ Breath foul.	

Post-Nasal Drip

In chronic sinusitis or in allergic rhinitis there is a sensation of dripping of mucus in the back of the throat. Early morning there is a scratchy feeling in the throat. The patient wants to clear the throat repeatedly but is not able to do so. The mucus is green, thick and ropy.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● This is the best remedy available for doing away with ropy, thick and greenish-yellow post-nasal drip. Mucus very difficult to take out.	KALI BI 200
○ Chronic sinusitis.	
Also please see 'CHRONIC COLD' above.	

Rhinitis

An inflammation of the nasal lining which blocks the nose, which runs or feels stuffy. At times the mucus drips into the throat. Acute rhinitis is called common cold.

The medicines are discussed under various symptoms.

Septum Perforated

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Green, ropy mucus inwards.	KALI BI 200
○ Severe pain in bones.	
○ Fetid smell.	
● Perforated septum. Putrid smell. Old sinusitis.	KALI IODIDE 30
● Fetid discharge with perforated septum.	MERC COR 30

Sinusitis/Acute or Chronic

Sinuses are cavities in the bones leading from the skull to the nose. An infection of sinuses can be very painful. It occurs by itself or after a cold has become chronic.

The pain in sinusitis is made worse by stooping, lying down or coughing. Change of pressure during diving or in aeroplanes aggravates the pain.

Mucus is discharged outwards through the nose or inwards into the throat. Its colour is green or yellow or grey or mixed. The nose is blocked. The senses of smell and taste are reduced or lost.

The indicated medicines should be used for a week or more till the sinusitis clears.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Infected sinus with pus formation.	HEPAR SULPH 200
● Chronic frontal sinusitis. Inflamed sinuses. Pain in the orbital bones of the eyes and at the root of the nose.	KALI BI 200
○ Green, ropy mucus inwards. Very difficult to take out. Patient is trying to clear his throat all the time, particularly in the morning on waking up.	
○ Worse stooping, lying down or coughing.	
● Nasal catarrh involving frontal sinuses. Nose stuffy, dry; no discharge.	KALI IODIDE 30
○ Perforated septum. Putrid smell.	
○ At times cool, green, bland, non-irritating discharge.	
● Bland, green mucus coming out.	PULSATILLA 30
○ Chronic sinus problem.	
○ Old cold.	
○ Smell lost.	
○ Mucus abundant in the morning.	

Sneezing

An irritation of the nasal passages causes sneezing. The process is involuntary.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute attack on exposure to dry cold air.	ACONITE 30
● Without relief. Excoriating discharge.	ARSENIC ALB 200
○ Burning.	
○ Nose blocked.	
○ Restlessness.	
● Acute coryza with body pain, fever.	GELSEMIUM 200
○ Influenza.	
○ Congestion in occiput, in head.	
○ Chill up the spine, in the shoulders.	
● Cold starts with sneezing. Excellent remedy.	NAT MUR 200
○ Violent, fluent running coryza.	
○ Loss of smell and taste.	
○ Nose gets stuffed in between.	

Smell

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Very acute.	CARBOLIC ACID 30
○ Debility resulting from influenza.	
● Lost; in old colds. Sinusitis. Nose stuffed.	KALI BI 200
○ Stringy, green mucus flowing into the throat. Very difficult to take out.	
● Diminished; in old colds. Nose blocked.	PULSATILLA 30
○ Green, bland, thick mucus outwards.	

Stuffed/Snuffles

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stoppage of nose at night. In long continued coryza.	AMM CARB 30
○ Snuffles of children.	
● Nose completely obstructed. Must breathe through mouth.	ARUM TRIPH 30
○ Picking of the nose until it bleeds.	
○ Ulceration of the nose.	
○ Blood-streaked coryza.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stuffed on exposure when there is cold rain.	DULCAMARA 200
○ Sore throat.	
● Stuffy cold. No discharge. Will start secretions and drainage.	HEPAR SULPH 200
○ Nose gets stuffed on every exposure to cold.	
○ Old cheese smell.	
● Stuffed nose with severe sinus pain deep in bones. Pain in the orbits above the eyes and at the root of the nose.	KALI BI 200
○ Ropy, green mucus inwards. Difficult to take out.	
○ Loss of smell.	
○ Long-term remedy.	
● Stuffed dry nose. Snuffles after exposure to cold air.	NUX VOM 200
○ Nose stuffed at night.	
○ For children with snuffles; can hardly breathe.	
○ Very effective remedy.	
● Stoppage of nostrils with loss of smell.	PULSATILLA 30
○ Old bad cold.	
○ Green mucus flowing out.	
○ Remarkably effective medicine.	
○ Long-term remedy.	

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With stinging pain. Nose red.	APIS 200
● Nose ulcerated, painful and swollen. Obstructed.	AURUM MET 30
○ In caries of nasal bones.	
● Of nose and upper lip with discharge of thick, yellow mucus.	BARYTA CARB 200
● Polyps swelling at the root of the nose.	CALC CARB 30
● With pain and caries of nasal bones. Greenish, fetid discharge.	MERC SOL 200
○ Deep-acting remedy.	

Tendency to Catch Cold

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● To catch cold in the throat. Every cold settles in the throat and makes it bad. Tonsils get enlarged and hardened.	ALUMEN 30
● To catch cold at every change in weather.	CALC CARB 200
● Ever catching cold. One cold over, another begins.	NIT ACID 200
○ Nasal catarrh with offensive smell.	
○ Splinter pain in the nose.	
○ Discharge yellow.	
○ Obstructed, stuffed nose at night.	
○ Green crusts blown out every morning.	
● Susceptibility to catch cold. From a bath. From overeating. In a cold room. From exertion. From change of weather.	SULPHUR 200
○ Nose runs.	
○ In chronic cases, one dose early morning, once a week, considerably reduces the tendency to catch cold or to throat becoming sore Use for three months.	

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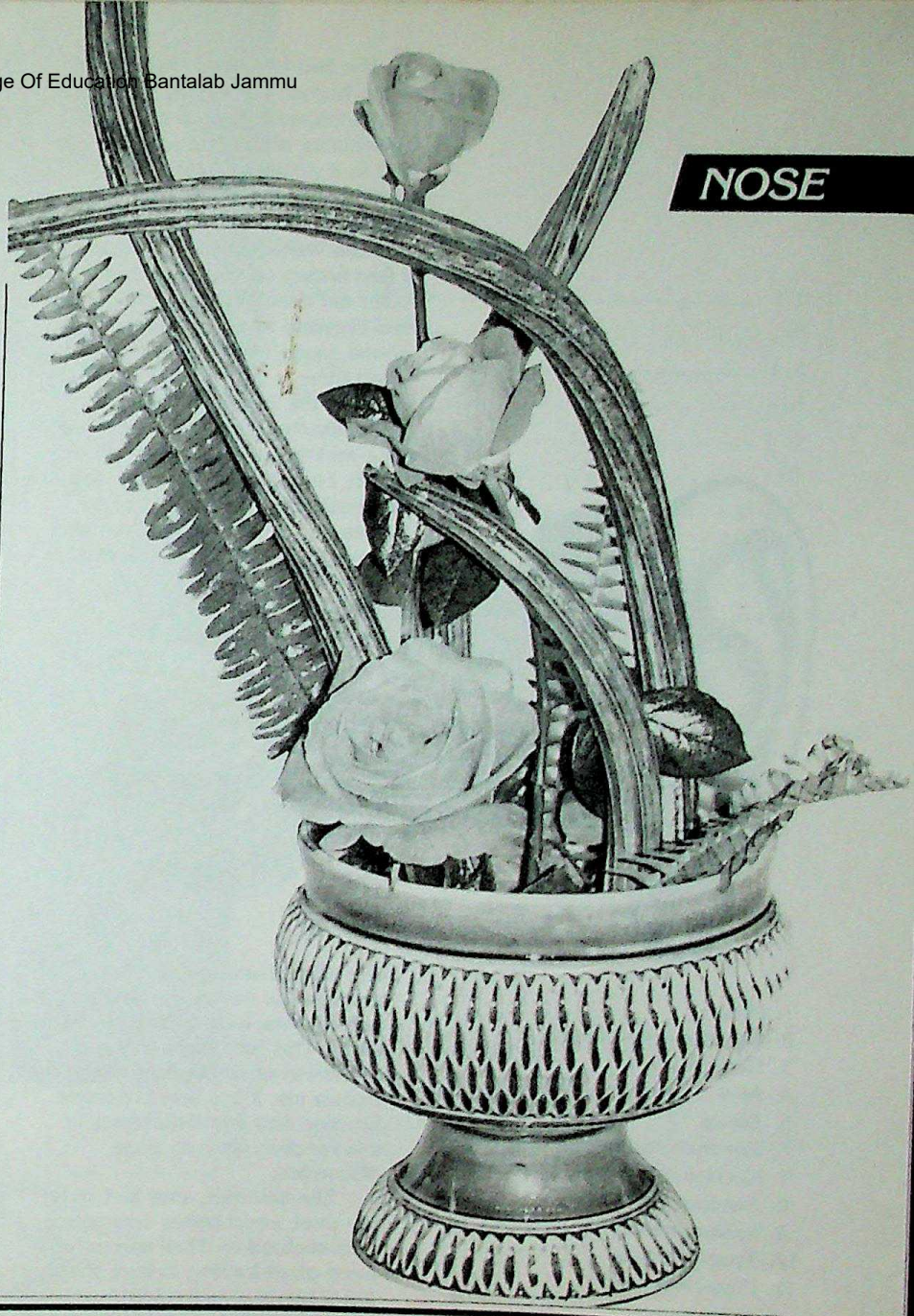
Tickling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With annoying itching in nostrils and palate. Sneezing. ○ Itching in conjunctiva. ○ Burning everywhere. ○ Violent onset of cold.	ARUNDO 200
● With smarting in the nose. As from cobwebs. ○ Running cold. ○ Right nostril blocked.	BROMUM 30

What a moment, what a doubt!
All my nose is inside out,
All my thrilling, tickling caustic,
Pyramid rhinocerostic
Wants to sneeze and cannot do it!

Anonymous



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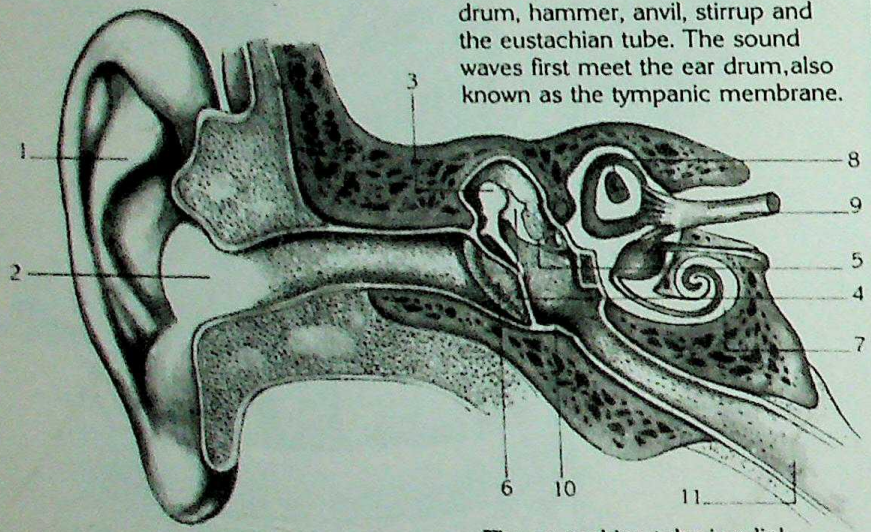
THE EARS

The two functions performed by the human ear are: a) hearing, b) maintenance of equilibrium. A disturbance of the first function can lead to a partial or total loss of hearing and of the second one to dizziness.

The visible outer ear consists of a flap known as the pinna and the outer ear canal. These parts collect and regulate into a funnel the sound waves from any source. Then there is the middle ear which receives the sound waves and transmits them on to the inner ear. The middle ear consists of the ear drum, hammer, anvil, stirrup and the eustachian tube. The sound waves first meet the ear drum, also known as the tympanic membrane.



1. Pinna
2. Ear canal (external ear)
3. Hammer
4. Anvil
5. Stirrup

(middle earbones)

6. Ear-drum (tympanic membrane)
7. Cochlea (internal ear or labyrinth)
8. Semicircular canals
9. Auditory nerve
10. Tympanic cavity
11. Eustachian tube

The eustachian tube is a link between the middle ear and the nasopharynx lying behind the nasal cavity. This tube helps in the regulation of air pressure within the middle ear. It is a very important function and any disturbance of this function leads to acute discomfort.

The hammer, anvil and stirrup are three small bones connected with each other. Their names have been given looking to their shape.

The inner ear consists of the cochlea and labyrinth. The cochlea which looks like a shell, converts the sound waves into nerve impulses for transmission to the brain. The balancing mechanism of the body is also contained in the inner ear.

Sound waves produced by bodies moving in the air are gathered by the outer ear and are transmitted as indicated above to the brain. The transformation takes place in a very complicated fashion. The vibrations have to pass through the fluid contained in the cochlea. The impulses created in the fluid are converted into nerve impulses by tiny hair which line the cochlea. The auditory nerve conveys these nerve impulses to the brain.

The labyrinth in the inner ear performs the important function of monitoring the movements of our head and body so that we can keep our balance. Any movement of the head has to tally with the information gathered through the eye and the messages sent through the muscles and limbs of the body. If these various messages are not co-ordinated by the brain, we experience giddiness or vertigo.

The wax produced in the ears is meant to keep them free of infection. The process of removal of wax is virtually automatic and one should not make an effort to remove the wax. Trying to keep the ears clean with a finger or a cotton swab is a bad habit. It can cause injury to the skin in the ear and lead to irritation and itching.

In today's world when hi-fidelity music systems have become a part of every household, there exists a danger to the sense of hearing when young as well as old want to hear music at a loud volume. Loud noise from whatever source is a threat to the effective functioning of the ear. In the long run it causes irreversible damage.

Persistent earache can come from infection. This must be looked after as early as possible. An ear infection ought to be taken seriously because it can cause damage to the other parts of the body.

With old age there is always some degree of loss of hearing. Factory workers or members of music groups or others who are constantly exposed to loud noise also run the risk of loss in the sensation of hearing. Any sound above 100 decibels is a source of pain to the listener and can damage the structure of the ear in the long run. It can cause deafness temporarily or even permanently.

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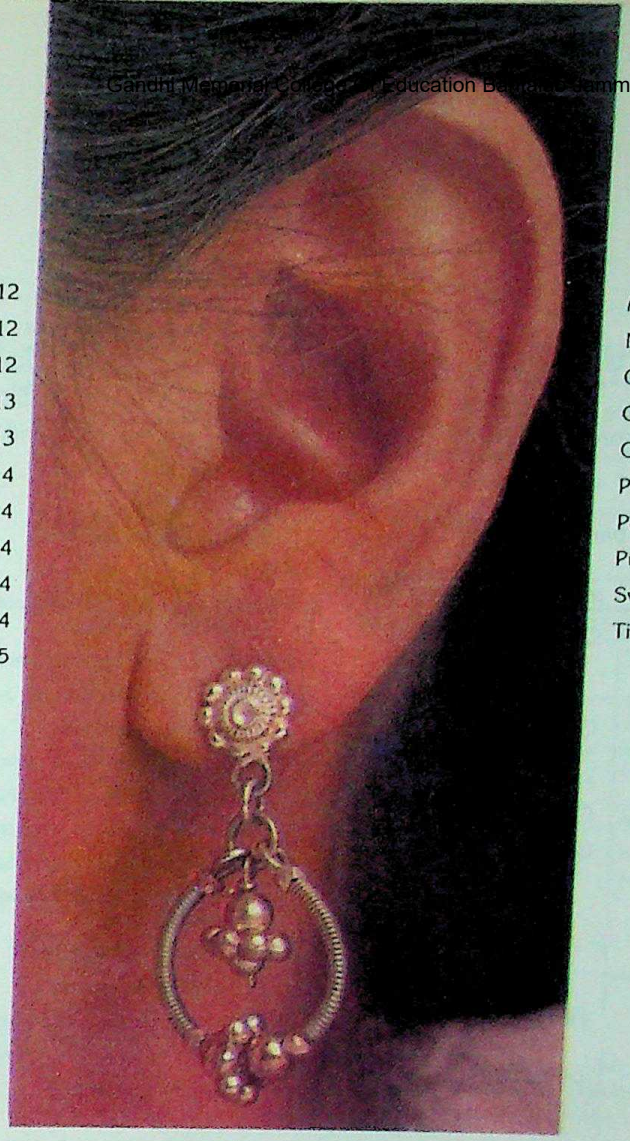
Deafness 112
Discharge 112
Dryness 112
Ear-Ache / Pain / Otalgia 113
Ear injury 113
Ear Wax 114
Eczema 114
Eustachian Tube-Obstruction of 114
Haemorrhage 114
Herpes 114
Meniere's Disease 115
Motion Sickness 115
Noises (Tinnitus) 115
Otalgia 116
Otitis Externa 116
Otitis Media 116
Pain 116
Perforated Ear-Drum 116
Pus 116
Swelling 117
Tinnitus 117



THE EARS

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Deafness

Partial or total loss of hearing. Some people are born deaf and others experience deafness because of age. Sometimes, one experiences temporary deafness on account of certain ear problems.

Deafness at times runs in the family.

The speech of a deaf child does not develop partially or fully.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● From working in water.	CALCAREA CARB 200
○ Pus and mucus coming out with pain and swelling in the ear.	
● With eczema.	CALENDULA Mother tincture for local application
○ Worse in damp surroundings.	
● With roaring noise, tinkling sounds. Humming noise.	CAUSTICUM 200
● With inner ear dry.	GRAPHITES 200
○ Fissures in the ears.	
○ Hissing in the ears.	
○ Booming of guns in the ear.	
○ Hears better in noise.	
● With fetid pus in ears.	HEPAR SULPH 200
○ Whizzing, throbbing sounds.	
● Due to catarrh in eustachian tubes. Discharge of pus in mucus.	HYDRASTIS 30
○ Roaring noises.	
● Due to obstruction of eustachian tubes.	IODUM 30
● At an early stage. Due to chronic catarrhal conditions.	KALI MUR 200
● Due to suppressed discharge or eczema.	LOBELIA INFLATA 30
● With otorrhoea. External ear red, swollen.	PULSATILLA 30
○ Acuteness of hearing diminished.	

Discharge

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning, thin, excoriating and offensive.	ARSENIC ALB 200
○ Inside skin raw, burning.	
○ Spasmodic pain.	
○ Roaring noise in ears.	
● Of mucus.	CALCAREA CARB 200
○ Glands enlarged. Bleeding polyps. Pulsating pain. Something pressing out.	
○ Cracking, throbbing in the ears.	
○ Better lying on painful side; in dry weather.	
○ Worse cold weather; air.	
● Of fetid pus. Pustules in auditory canal.	HEPAR SULPH 200
○ Hardness of hearing. Throbbing in ears.	
○ Better wrapping head up, warmth.	
○ Worse from dry cold wind; lying on painful side.	
● Thick, bland, green, offensive with pain. Chronic catarrhal discharge.	PULSATILLA 30
○ Diminished hearing quality.	
○ Red swelling in external ear.	
● Old, chronic catarrh of the ear.	SILICEA 200
○ Offensive, thick, green, yellow discharge.	
○ Roaring, hissing sounds.	

Dryness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dryness of the inner ear. Fissures inside and outside the ears.	GRAPHITES 200
○ Hissing sounds.	

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Earache / Pain / Otalgia

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Throbbing, intense, cutting pain from exposure to dry cold wind. Child returns from playfield with severe pain.	ACONITE 30
● Shooting pain in eustachian tube.	ALLIUM CEPA 200
○ Coryza in eyes and nose. Copious discharge.	
● With swelling. External ear red, inflamed, sore.	APIS 200
● Glands around ears painful and swollen.	BARYTA CARB 200
● Tearing pain in middle and external ear. Unbearable.	BELLADONNA 1000, 10000
○ Hot.	
○ Pain causes delirium.	
● Intolerable stitching pain. Soreness and heat driving patient frantic.	CHAMOMILLA 200, 1000
○ Pain with numbness.	
○ Patient's temper is foul.	
● Tearing pain; sharp stitches in the left ear. Swelling.	KALI BI 200
○ Pain in bones above eyes.	
○ Green, ropy mucus.	
○ With sinusitis.	
● With thick, yellow, corrosive discharge from external canal. Fetid otorrhoea.	MERC SOL 200
● An excellent anti-septic medicine. It acts more powerfully than Hepar Sulph or Silicea. It hastens formation and release of pus and reduces its duration. Specific for inflammation of the middle ear when pus formation has started.	MYRISTICA 200
● Ear dry; scaly meatus.	MULLEIN OIL
● With toothache.	PLANTAGO 30
○ Pain goes from ear to ear via head.	Apply mother tincture locally.
○ Decaying teeth.	
○ Worse cold air contact.	

Ear Injury

An injury to the ears can be caused by an injury to the head or by a loud noise. This can be serious. The middle ear or the inner ear may be damaged. The nerves of hearing too suffer damage.

An ear injury can result in deafness, pain in the ear or bleeding from the ear.

A doctor should be consulted at the earliest.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Arnica is the first medicine to be used for any injury to the ear externally or internally, even if there is bleeding. An injury to the ear can result from a head injury with or without a fractured skull. ○ Arnica would be effective if used even years after the injury was suffered. Any consequential problems would be taken care of by use of Arnica 1000 once a week.	ARNICA 200
● Injury to the bone in the ear. ○ A bruise above the ear responds very well to this medicine.	RUTA 200
● A wound in the ear caused by a pointed article like a hair-clip or a match-stick in an effort to remove wax or to suppress itching.	LEDUM 200
● When an injury in the ear results in severe pain and where Arnica has not completely eliminated the earache caused by the injury.	BELLADONNA 1000, 10000
● A wound in the ear suppurates resulting in yellowish, green pus flowing out.	HEPAR SULPH 200

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Ear Wax

Wax protects the ear lining from infection. When it becomes hard, it blocks the ear canal causing deafness.

If the wax has become hard and has been there in the ear for a long time, it would be convenient to get it removed by a doctor. In anticipation of this, wax in the ear can be softened by a few drops of olive oil or any other non-irritating oil poured into the ear and by lying on the side other than that of the affected ear. A cotton wool plug should be used to keep the oil in place for a few hours.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Helps in elimination of wax in the ears.	CONIUM 200

Eczema

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Moisture and eruption behind the ears. Fissures in and behind the ears.	GRAPHITES 200
● Behind the ears. ○ Catarrh of the middle ear. ○ Discharge acrid.	TELLURIUM 30

Eustachian Tube– Obstruction of

An obstruction of the eustachian tube, a narrow canal joining the middle ear to the throat, can cause acute pain and temporary deafness.

The problem comes on suddenly when flying or driving. A large number of air passengers experience it on descent. It is caused by common cold, acute or chronic.

The patient should move his jaw in a swallowing motion, and try to breathe out with force through the ears with the mouth and nose closed.

The long-term cure lies in curing the sinusitis with Kali Bi or Pulsatilla.

One dose of Kali Bi or Pulsatilla, as the case may be, should be taken half an hour before the commencement of the flight. Another dose may be repeated half an hour before the descent. Belladonna is for instant administration when the pain comes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● When the pain is unbearable.	BELLADONNA 1000, 10000
● In case of chronic, old sinusitis in which there has been a drip of stringy, green mucus into the throat. The mucus is extremely difficult to take out. Severe pain is experienced in frontal sinuses and in the bones above the eyes, more so on stooping. This patient tries to clear his throat every morning without much success.	KALI BI 200
● In cases where old, chronic cold results in bland, thick, greenish mucus coming out. ○ Sense of smell diminished.	PULSATILLA 30

Haemorrhage

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Blood from ears. Haemorrhage from injury. ○ Dullness of hearing after concussion.	ARNICA 200, 1000
● Polyps which bleed easily.	CALCAREA CARB 200
● Black, offensive blood which will not coagulate.	CROTALUS H 200

Herpes

Inflammation of the skin or of the mucous membrane, characterized by clusters of vesicles that tend to spread.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Herpes behind the ears. On nape of neck. Ulceration pain. Swelling.	SEPIA 200

Also please see 'COLD SORES' in the chapter 'THE SKIN'.

Meniere's Disease

An acute condition of the ear. A severe pain develops in the inner ear because of swelling of the balancing mechanism. The pain causes incapacitating dizziness. There is a sensation of the room spinning around. The patient experiences simultaneous deafness and a ringing noise in the affected ear. The attack recurs.

With the passage of time, deafness gets worse. The condition is almost permanent.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In defective hearing with buzzing and ringing noise.	CARBO SULPH 30
○ The patient is better in open air.	
○ He is sensitive to warm, damp weather.	
● Sudden giddiness. Aural vertigo.	CHENOPODIUM 30
○ Sensitive to high-pitched sound. Somewhat deaf to voices.	
○ Buzzing in ears.	
● Roaring in ears. Loud pistol-like report.	SILICEA 200
○ Caries of mastoid. Fetid discharge.	

Motion Sickness

Nausea, often with vomiting, which comes from sensitivity to motion, when travelling by road, rail, sea or air. It is caused by a disturbance in the balancing mechanism of the inner ear. Take a dose of the indicated medicine an hour before starting a journey.

Persons who experience motion sickness should not drive a vehicle on their own.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nausea experienced while travelling by road, rail, sea or air.	COCCULUS 200
○ Cannot lie with face upwards.	
○ Sensation of opening and shutting in the occiput, in the bones behind the ears.	
○ Pain in the eyes as if these are being torn out of the head.	
○ Aversion to food, drink and tobacco.	
○ Partial paralysis of the muscles of deglutition. Oesophagus dry.	
○ Flatulence and discomfort in abdomen. At times, diarrhoea.	
○ Worse eating; after a disturbed sleep; in open air; because of emotional disturbance; riding, swimming and by movement. Sensitive to touch.	

Noises

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● When chewing, swallowing, sneezing.	BARYTA MUR 30
● Sensitive to the slightest noise.	BORAX 200
● Defective hearing with buzzing and singing noises.	CARBO SULPH 30
● Hears his own echo.	CAUSTICUM 200
● While climbing mountains.	COCA 30
● In cases where tinnitus is caused by catarrh or by inflammation in the middle ear or by chronic affections of the middle ear.	KALI MUR 30
● During menses.	KREOSOTE 200
● Like ringing of bells.	LEDUM 200
○ Of a wind-storm.	
● Humming and rolling noises with hardness of hearing.	LYCOPODIUM 200
○ Hears his own echo.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cracking noise when chewing.	NITRIC ACID 200
● Rolling noises.	SILICEA 200
○ Pus in the ears.	
○ Chronic cases.	
● Before menses	VERATRUM ALB 200
Also please see 'TINNITUS' below.	

Otalgia

Please refer 'EARACHE etc' above.

Otitis Externa

When the outer ear canal gets infected, there is discharge of pus; there is earache and rash.

For medicines, please refer 'DISCHARGE' and 'EARACHE etc' above.

Otitis Media

An inflammation of the middle ear. It can be acute as well as chronic. There is severe pain, often high fever, with vomiting, diarrhoea and irritability.

For medicines, please refer 'DISCHARGE' and 'EARACHE etc' above.

Pain

Please refer 'EARACHE etc' above.

Perforated Ear-Drum

An injury or infection can cause a hole in the ear-drum. The sufferer may experience deafness, ringing in the ears, and discharge of pus.

Where the perforation in the ear-drum has taken place due to an injury, recent or old, the treatment should start with the administration of Arnica 200, 4 times a day, in recent cases, and Arnica 1000 in old cases once a day. Simultaneously, one of the medicines indicated below should be given thrice a day.

Acute cases of otitis media must be immediately attended to.

The medicines indicated under 'DISCHARGE' and 'EARACHE' above would provide excellent cures according to their indications.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Discharge of fetid pus with hardness of hearing, with shooting pain. Sensation of throbbing in ears.	HEPAR SULPH 200
○ Worse from dry cold wind.	
● In chronic catarrhal earache, with thick, bland, green and offensive discharge of pus.	PULSATILLA 30
● When every other medicine has failed to reduce the pus formation and pain.	SILICEA 200
○ In chronic cases of offensive, thick, green and yellow discharge.	
○ Roaring, hissing sounds in the affected ear.	

Pus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pustules in auditory canal.	HEPAR SULPH 200
○ Discharge of foul-smelling pus from ear. Pus with blood.	
○ Rupture of ear-drum.	
○ Stitching, tearing, piercing pain.	
● Fetid otorrhoea.	MERC SOL 200
○ Green, thick, corrosive pus from ears.	
○ Ruptured ear-drum with pus.	
● Middle ear suppuration. Severe.	MYRISTICA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bland, thick, green and offensive pus with pain. Otorrhoea. ○ Hearing diminished. ○ Pain worse at night.	PULSATILLA 30
● Chronic pus discharge. Very bad cases.	SILICEA 200

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Glands around ears painfully swollen.	BARYTA CARB 200
● Glands near the ears, hardened. Inflamed.	MERC SOL 200

Tinnitus

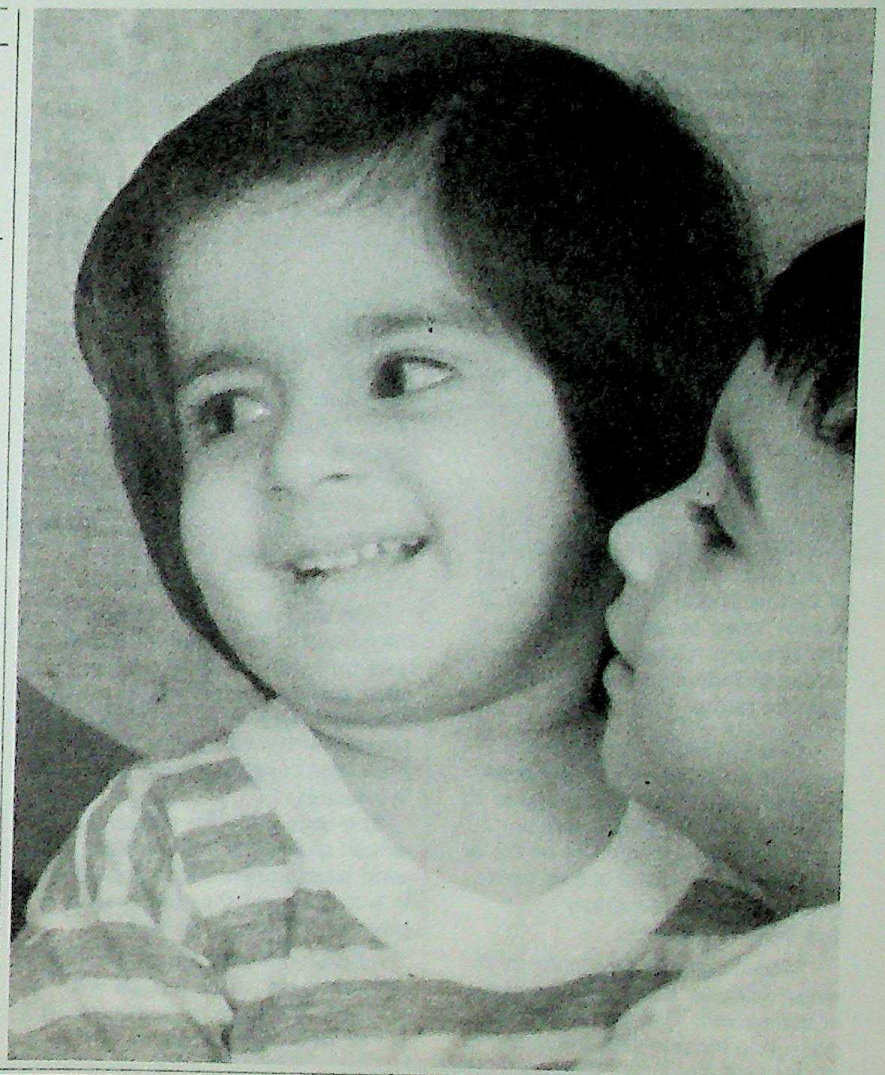
A subjective sensation of sounds, of ringing, roaring, buzzing or of tinkling of bells in the ears. The sounds do not come from any external source.

Tinnitus can be caused by several factors like ear wax, pain in the middle ear, pain in the external ear, by deafness, by worry, anxiety or by depression.

Tinnitus may also be an indication of an imminent attack of epilepsy or of fainting. In aged people, there is a deterioration of hearing faculties as a natural consequence of age.

If tinnitus can be attributed to one of the causes mentioned in the preceding paragraphs, appropriate medicine should be used as indicated in this book under the respective symptoms or disease. That would help in alleviating the distress caused by tinnitus.

Also, please refer 'NOISES' above.



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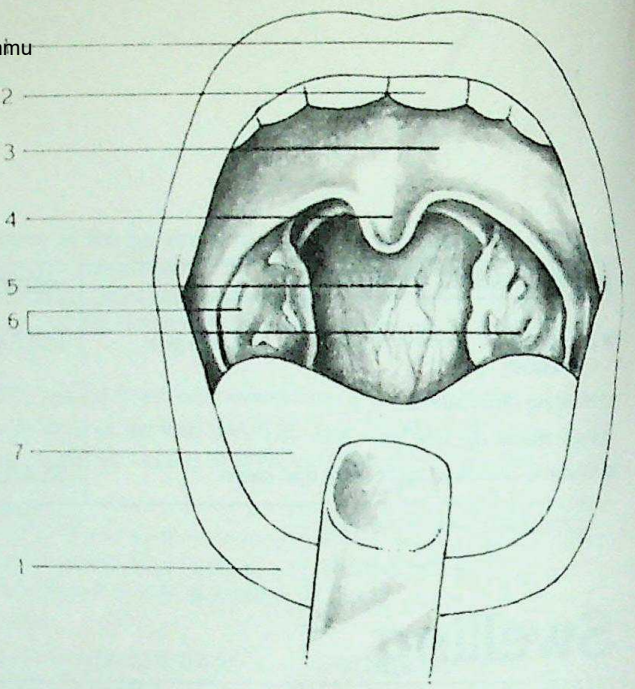
THE MOUTH THE LIPS, THE TONGUE & THE PALATE



1. Lips
2. Teeth
3. Soft palate
4. Uvula
5. Pharynx
6. Tonsils
7. Tongue

The mouth is an opening through which we take food into the digestive system. In that sense, it forms a part of the digestive system. By itself the mouth provides an inlet as well as a closing mechanism.

Bad breath coming out of the mouth can be a sign of pyorrhoea, of stinking and infected gums and of incorrect oral hygiene. Intake of certain types of food also causes this situation. Care of the mouth would include a care of the teeth and the gums.

The lips which are basically mucous surfaces, are fleshy parts or folds which form the margins of the mouth. They play a very important role in speech. Dry winter or cold can inflame the lips or cause cracks. Cancer of the lips is a serious problem.

The tongue is the centre of the sense of taste. It detects chemicals in the mouth. This sense of taste goes side by side with the sense of smell centred in the nose. These two senses are so interdependent that a stinking smell can cause a nasty taste in the mouth. We cannot enjoy our meals if the sensations from the tongue, the palate and the nose do not create a complicated response. A patient who is suffering from a severe cold may lose the taste of his food because his nose is blocked.

On the tongue are situated microscopic nerve endings called taste buds. These are there on other surfaces of the mouth as well. The upper surface of the tongue is covered with papillae, tiny, hair-like projections with taste buds scattered in between.

The taste buds are stimulated by certain chemicals in the food and send messages to the brain which in turn sorts out the signals and gives us the feeling of taste.

Different tastes are detected by different parts of the tongue. To stimulate the taste buds, chemicals in the food must be dissolved by saliva because only liquids can be tasted.

The full flavour of the food combines not only the taste but also its temperature and texture. All this information is communicated by various parts of the mouth to the brain. Irritating foods like bitter spices or pepper irritate the tongue and this irritation is duly communicated.

The roof of the mouth consists of an anterior bony portion called the hard palate and a posterior muscular portion called the soft palate. These portions separate the oral cavity from the nasal cavity. The palate is intimately connected with the respiratory system. That is why when the respiratory system is attacked by cold viruses, the palate experiences terrible itching.

The problems of the tongue are mostly minor. These can be taken care of easily. But, if a tongue has a lump or an ulcer which fails to heal in three to four weeks, expert medical opinion must be taken because there can be the possibility of a malignant tumour.

Sick people, particularly those suffering from a fever, have a tongue which has a white or yellow, furry coat on the surface. This need not worry you. A sick person talks less, eats less; his mouth is dry and the secretion of saliva is considerably reduced. That is why his tongue is less active and less clean. The coating that is seen is a layer of bacteria and food particles etc . With health returning, the tongue returns to normal.

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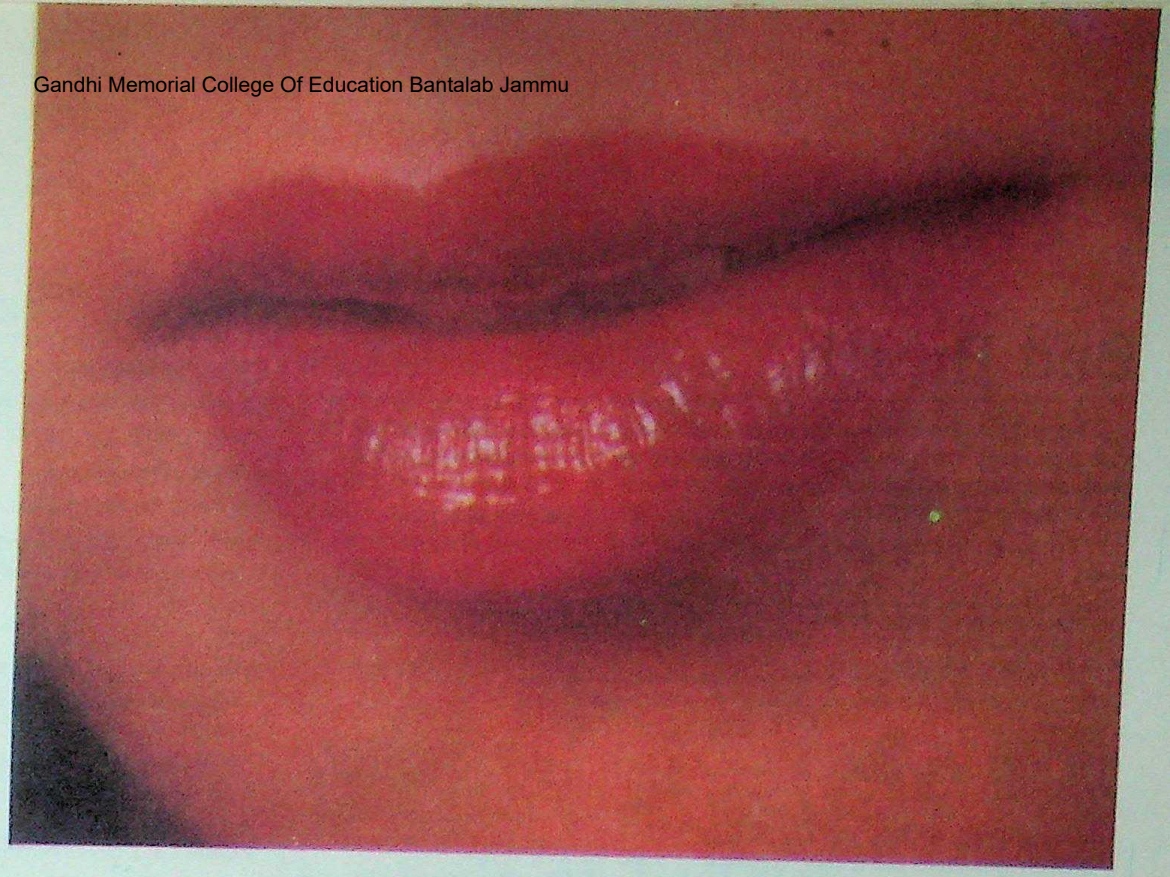
THE MOUTH THE LIPS THE TONGUE & THE PALATE



Bad Breath 120
Blisters 120
Cracks 120
Itching 121
Lips Cracked / Swollen / Hot 121
Lip Tumours 121
Paralysis of Tongue 121
Saliva 121
Stomatitis 122
Taste 122
Thirstlessness 122
Tongue-Problems of/Coatings/Black and Blue/Cancer of 122

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Bad Breath

An unpleasant odour emanates on breathing out. Usually the patient is one who does not care for his teeth and gums. A proper cleaning of the teeth and gums and correct oral hygiene would go a long way to remedy this unwelcome situation.

Try to avoid intake of raw onions, garlic and strong-smelling herbs in food.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fetid breath. Bitter taste. ○ On account of injury caused to gums by a worn-out brush. ○ The mouth is dry. Thirsty.	ARNICA 200
● Fetid odour. It can be smelt all over the room. ○ The gums are spongy, receding and bleed easily. ○ Salivary secretions are greatly increased.	MERC SOL 200
● Specific for pyorrhoea. Boils on gums. Abscess at the root of the teeth. ○ The teeth are sensitive to cold air and to cold water.	SILICEA 200

Blisters/Ulcers

Whatever be the cause of the blisters or ulcers in the mouth, these are very painful.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Very painful. ○ Borax gives quick relief. Suck a few pills trying to place them on the painful spot.	BORAX 200
● Stomatitis. ○ Ulceration of tongue. Sore mouth.	HYDRASTINUM MUR Mother tincture
○ Ulcerated sore throat. ○ For local application on ulcers. ● In the mouth. Very painful. Foul breath. ○ Blisters filled with pus. ○ Wounds. Ulcers on gums, lips, inside cheeks. ○ Tongue ulcerated and swollen. ○ Teeth leave an imprint on the tongue. ○ Thirst for cold drinks.	MERC SOL 200
● On tip of tongue and on palate; full of pus. ○ Yellow, creamy coating on back part of the roof of the mouth and of tongue. ○ Stinging pain in the evening. ○ Difficulty in swallowing.	NAT PHOS 30
● Blisters and ulcers in mouth, on the tongue. ○ Ulcers in soft palate. ○ Sharp, splinter-like pain.	NITRIC ACID 200

Cracks

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cracks in the corners of the mouth. ○ Gastric disorders present.	ANTIM CRUD 200
● Corners of the mouth sore and cracked. Lips cracked and burning. ○ Picking of lips until they bleed. ○ Raw feeling in roof of the mouth, in the palate.	ARUM TRIPH 30

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Itching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Annoying itching at the roof of the mouth and in the nostrils. Sudden, violent onset of coryza.	ARUNDO 200
○ Hay fever.	

Lips Cracked/Swollen/Hot

Ordinarily, dry winter or cold can inflame the lips and cause cracks. These cracks can be taken care of by application of any cooking oil.

But sometimes cracked or swollen lips indicate a serious problem. Occasionally it may be cancer of the lip. At other times the lips are swollen, painful and red on account of cold sores.

Vitamin B or riboflavin deficiency can cause Cheilosis. In this case there is rawness, redness and swelling, where the lips meet.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swelling of lips. For any reason.	APIS 200
○ Painful swelling.	
○ Insect bites.	
● Hot lips. Sunken face.	ARNICA 200
● Lips black, livid.	ARS ALB 200
○ Debility. Restlessness. Great exhaustion.	
● Cancer of lips. Blue coloration. Or earthly pale colour.	AURUM ARS 30
○ Red spots. Coppery eruptions.	
● Lips parched, dry, cracked. Dry tongue.	BRYONIA 200
● Cancer of the lips. Ulcerative stage.	CONDURANGO 30
○ Painful cracks in corners of the mouth.	
● Shooting pain. Lips sensitive to touch.	HEPAR SULPH 200
○ Swollen.	
○ With pus formation.	
● For local application on chapped lips.	HYDRASTIS Mother tincture
● Cracks worse every winter. Skin looks rough and leathery. It is dry, contracted.	PETROLEUM 200
○ Very sensitive. Painful.	

Also please refer 'COLD SORES' in the chapter on 'THE SKIN' and entry on 'CRACKS' above.

Lip Tumours

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tumour on lip.	ACETIC ACID 30
○ Cheeks hot and flushed.	
● Lips black, livid.	ARSENIC ALB 200
○ Debility, restlessness, great exhaustion.	

Paralysis of Tongue

Please see 'TONGUE — PROBLEMS OF' below.

Saliva

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Excessive flow of saliva. It runs out of mouth during sleep.	SYPHILINUM 200 Once a day for a few days.
● Salivary secretions greatly increased. Foul smell emanates from mouth.	MERC SOL 200
● Congestion of salivary glands. Flow of saliva. Copious.	TRIFOLIUM Mother tincture 5 drops, 4 times a day.

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Stomatitis Inflammation of the mouth.

Please see 'BLISTERS/ULCERS' above.

Taste

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Taste as of bad eggs. Fetid breath.	ARNICA 200
● Persistent sour taste. Mouth fills with sour water.	CALC CARB 30
● Strong metallic taste in mouth. Copious flow of saliva.	CUP MET 200
● Taste changes time to time — bitter, salty, foul.	PULSATILLA 30

Thirstlessness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Absence of thirst with tongue and uvula swollen.	APIS 200
● Mouth dry but no thirst.	PULSATILLA 30

Tongue — Problems of/ Coatings/Black and Blue/ Cancer of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pale, red papillae.	ALLIUM SATIVUM 30
○ In cases of constipation, or of voracious appetite.	
● Tongue fissured as if cut on edges.	ANATHERUM 30
○ Copious salivation.	
● Milky white, thick coating.	ANTIM CRUD 200
○ Indigestion from overeating.	
● Fiery, red, scalded.	APIS 200, 1000
○ Cancer of tongue which swells till it fills the mouth.	
○ Uvula swollen.	
● Ulcerated with blue colour.	ARSENIC ALB 200
○ Cases of food poisoning, of alcoholism, of sting bites, of chewing tobacco.	
● Paralysis of the tongue. Tip burns and smarts.	BARYTA CARB 200
● Dryness with excessive thirst.	BRYONIA 200
○ Lips parched,dry, cracked.	
○ Dry mouth.	
○ Coating yellowish; dark brown.	
○ In gastric derangements,thick white coating. Taste bitter.	
● Tongue yellow at the base. Like a layer of dry clay.	CALC SULPH 30
○ Sour taste.	
● Tongue covered with blisters. In persistent indigestion.	CARBO VEG 200
○ Acidity.	
○ Debility.	
● Constant protrusion and retraction, like that of the tongue of a snake.	CUP MET 200
○ Paralysis of tongue.	
○ In epileptic fits.	
○ Saliva flows out. Taste slimy.	
○ Stammers.	
● Thick and yellow, indented.	MERC SOL 200
○ Ulcerated.	
○ Teeth leave a mark.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Black, paralysed. ○ Frothing at the mouth.	OPIUM 200
● White blisters on side close to the roof of the tongue. Painful and sore. ○ Tip in particular very painful.	THUJA 200

Most women want to hear the truth, no matter how flattering it is.

A shut mouth keeps out of strife.

Portuguese Proverb

What art can paint or gild any object in afterlife with the glow which nature gives to the first baubles of childhood!

R.W. Emerson

The art of silence is as great as that of speech

Proverb

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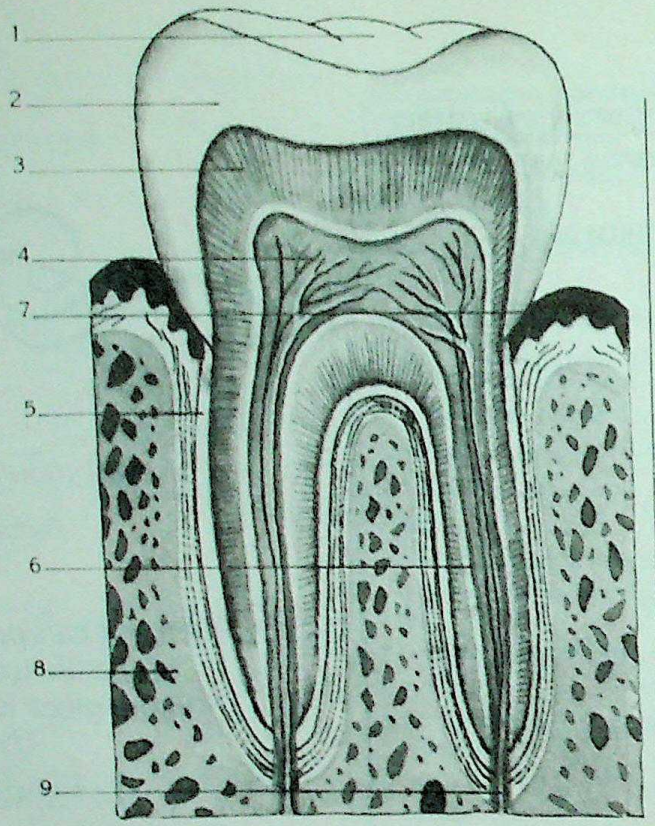

1. Crown
2. Enamel
3. Dentine
4. Pulp
5. Cement
6. Root
7. Gum
8. Bone
9. Nerve and blood supply

THE TEETH AND THE GUMS

The teeth form a part of the digestive system. The food when taken into the mouth is chewed by the teeth so that it can be mixed with saliva and enzymes for the first stage of digestion.

The gums are the firm, fleshy tissue covering the alveolar parts of either jaw and enveloping the necks of the teeth.

There are a few harmful bacteria in the mouth which continuously make an effort to form a sticky film on the teeth and the gums. This film is called plaque. This combined with sugar harms the teeth, more so if not cleaned within 24 hours.

Within the mouth, sugar and plaque increase the level of the acid which eats into the teeth enamel. This causes dental decay. Frequent consumption of sugar is, therefore, more dangerous than if sugar is taken at reasonable intervals.

The gums inflame when dental plaque is not removed every few hours. This plaque makes a layer around and underneath the surface where the gum meets the tooth leading to formation of rough tartar. In turn, the tartar collects plaque more and more. Cumulatively the inflammation of the gum increases.

The care of the teeth and of the gums, therefore, would consist of regular and frequent cleaning with a proper brush in order to remove plaque and tartar at the earliest. A child should be trained to develop this habit from the age of one. The elders should also clean their teeth and gums at least 3 times every 24 hours. Fluoride toothpastes are better than others in this regard. Brushing with a toothbrush should be directional in order to clean all the recesses between the teeth and the margins where the teeth and the gums meet. Brushing in incorrect direction is of no use.

A tooth is a living structure and the pulp in its middle receives a large supply of blood vessels. It has nerves which are sensitive to heat, cold, pain and pressure. The pulp is surrounded by dentine, a hard substance. Enamel, an even harder substance, covers the dentine. Shock absorbing tissue lines the bony socket of every tooth. This saves the skull and the jaw-bone from being put to shock during biting and chewing.

Enamel is known as the hardest substance in the human body. Yet the acids produced in the mouth by bacterial action on sugar rub the enamel out and lead to decay in the teeth.

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THE TEETH AND THE GUMS

Bleeding 126
Blue/Black 126
Caries/Dental Cavities 126
Decay 127
Gingivitis 127
Grinding 127
Inflammation 127
The Jaw-Problems of 127
Loose 128
Pain/Inflammation 128
Pyorrhoea 128

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Bleeding

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bleeding and soreness after extraction.	ARNICA 200, 1000
○ Use before surgery to avoid or reduce pain, haemorrhage and swelling. A must.	
○ Gums injured by a worn-out brush.	
● Easily bleeding gums. Unhealthy mouth. Septic infections and low vitality.	ARSENIC ALB 200
○ Ulceration in the mouth.	
○ Dry, burning heat.	
● Bleeding after tooth extraction.	CALENDULA Mother tincture for local application.
● Easily bleeding and retracted gums. Pyorrhoea.	CARBO VEG 200
● Gums spongy, swollen, receding and bleeding. Pulsation in gums and roots.	MERC SOL 200
○ Ulcerated gums. Painful to touch.	
○ Blue-red margins on gums. Abscess of gums and roots of teeth.	
○ Severe itching in gums and roots of teeth.	
○ Teeth loose, black and dirty.	
● Persistent bleeding after tooth extraction. When Arnica has failed.	PHOSPHORUS 200
○ In dental surgery alternate Arnica 1000 and Phosphorus 200 right from the beginning.	

Blue/Black

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Purple gums, swollen, spongy, bleeding.	LACHESIS 200
○ Use after Merc Sol.	
● Loose, black and dirty teeth. Blue-red margins on gums.	MERC SOL 200
○ Abscess.	
○ Pulsation in gums.	
● Blue lines along margins of gums which are swollen, pale and blue.	PLUMBUM MET 30
○ Teeth black and crumbling.	STAPHYSAGRIA 200
○ Gums spongy, bleeding easily.	
○ Pyorrhoea.	

Caries/Dental Cavities

A cavity is formed as an end-result of a process of decay in a tooth. The tooth becomes sensitive to heat, to cold or to sweets.

Regular care of the teeth and gums starting as early as possible in life can reduce or even prevent the formation of dental cavities and dental decay. The medicines indicated here are for consequential problems.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Caries of teeth in fat children.	CALCAREA CARB 30
○ Teeth grow crooked.	
○ Ugly crowns on teeth which grow black.	
● The best remedy for caries, for necrosis of the teeth. Loss of enamel.	CALCAREA FLUOR 30
○ Teeth become loose in their sockets for no reason. There is pain at times.	
● Teeth decay rapidly.	CARBO VEG 200
○ Tearing pain in teeth from hot, cold or salted food.	
○ Gums are spongy and bleed easily.	
● Caries leading to facial neuralgia.	HEKLA LAVA 30
○ Toothache.	
○ Swelling of gums with abscess.	
○ Upper jaw-bone enlarged.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Rapid decay of teeth. ○ Decay starts in early childhood. ○ Teeth dark and crumbling. ○ Spongy gums. ○ Bleeding gums with putrid odour.	KREOSOTUM 30
● Teeth loosen and decay. ○ Abscess at the root of teeth. ○ Gums bleed. Pulsation in gums and roots. Severe itching. ○ Gums ulcerated.	MERC SOL 200
● Teeth black and crumbling. ○ Spongy gums which bleed. Sensitive to touch, eating or drinking. ○ Pain after eating and drinking. ○ In children milk teeth do not grow properly and begin to decay and crumble.	STAPHYSAGRIYA 200

Decay

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Very rapid decay of teeth. ○ Teeth dark and crumbling. ○ Tooth decay in early childhood. ○ Spongy, bleeding gums. Putrid odour.	KREOSOTUM 30
● Necrosis of jaw-bone.	PHOSPHORUS 200

Also please see 'CARIES/DENTAL CAVITIES' above.

Gingivitis

An inflammation of the gums. Irritation. Hard plaque or bad dental hygiene leads to tenderness of the gums at the base of the teeth.There is swelling, redness and bleeding.

For medicines please refer 'BLEEDING', 'PAIN/INFLAMMATION' and other symptoms.

Grinding

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Grinding teeth. Throbbing pain in teeth. ○ Tongue swollen, painful. ○ Dry mouth.	BELLADONNA 200
● Grinding teeth at night. Intense desire to press the gums together. ○ Difficult dentition. ○ Gastric problems. ○ Cholera.	PODOPHYLLUM 200

Inflammation

Please see 'PAIN/INFLAMMATION' below.

The Jaws – Problems of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Jaws fixed; bites tongue. Protruding tongue. In epileptic seizure. Spasmodic facial twitching. ○ Face blue.	ABSINTHIUM 30
● Contraction of jaws with foam at mouth. Epileptic fit.	CUP MET 200
● Jaws clenched in rigid spasm. Lips pale, blue. ○ Frothing.	HYDROCYANIC ACID 200
● Hanging down of lower jaw.	OPIUM 200
● Jaws crack when chewing.	RHUS TOX 200

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Loose

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Teeth loose in their sockets, without reason.	CALC FLOUR 30
● Teeth dark and crumbling. Decayed. Caries.	KREOSOTUM 30

Pain/Inflammation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gums hot and inflamed.	ACONITE NAP 30, 200
○ Terrible toothache on exposure to dry cold winds.	
○ Numbness.	
● Toothache in hollow teeth.	ANTIM CRUD 200
● Gums sore after tooth extraction.	ARNICA 200
○ Use as a prophylactic as well. Take a dose before surgery on teeth.	
● Throbbing pain in the teeth. Gum boil red, hot, very painful and throbbing.	BELLADONNA 200, 1000
● Toothache excited by a current of air; by anything cold or hot.	CALC CARB 200
○ Bleeding gums.	
○ Bad smell from mouth.	
● Due to gum boil with hard swelling on the jaw.	CALC FLUOR 30
○ Toothache with pain if any food touches teeth.	
○ Teeth loose in their sockets.	
● Toothache worse after warm drink.	CHAMOMILLA 200
○ Toothache, with numbness.	
○ Unendurable pain after tooth extraction.	
○ Patient cross, irritable.	
○ Distress to children on teething. Dentition diarrhoea.	
● Toothache worse from tobacco.	CLEMATIS ERECTA 30
○ Worse at night.	
● Dental neuralgia, radiating towards ears and eyes.	FERRUM PICRICUM 30
● Facial neuralgia from carious teeth.	HEKLA LAVA 30
○ Toothache with swelling of gums, of jaws; with abscess of gums.	
○ Bone of upper jaw enlarged.	
● Gums painful to touch. Bleed easily. Pus formation.	HEPAR SULPH 200
● Gums painful, spongy, dark red or blue.	KREOSOTUM 30
○ Decayed teeth.	
● Pulsating pain in gums and root of teeth. Gums spongy, swollen, bleeding and receding.	MERC SOL 200
○ Fetid odour. Pus pockets.	
● Tearing pain. Pulsating pain in gums.	NITRIC ACID 200
○ Succeeds even when Merc Sol fails.	
○ Worse evening, during night. Toothache aggravated by cold or warm things.	
● Toothache on account of decayed teeth. Sore to touch.	PLANTAGO MAJOR 30
○ Swollen cheeks, with sharp neuralgia of eyeballs or otalgia or both.	
○ Worse on contact with cold air.	
● Toothache, tearing. Along with severe pain in eye, temple, face, jaws, cheek.	SPIGELIA 200
○ Left-sided facial neuralgia.	

Pyorrhoea

Copious discharge of pus, generally from the gums, frequently accompanied by the loosening of the teeth.

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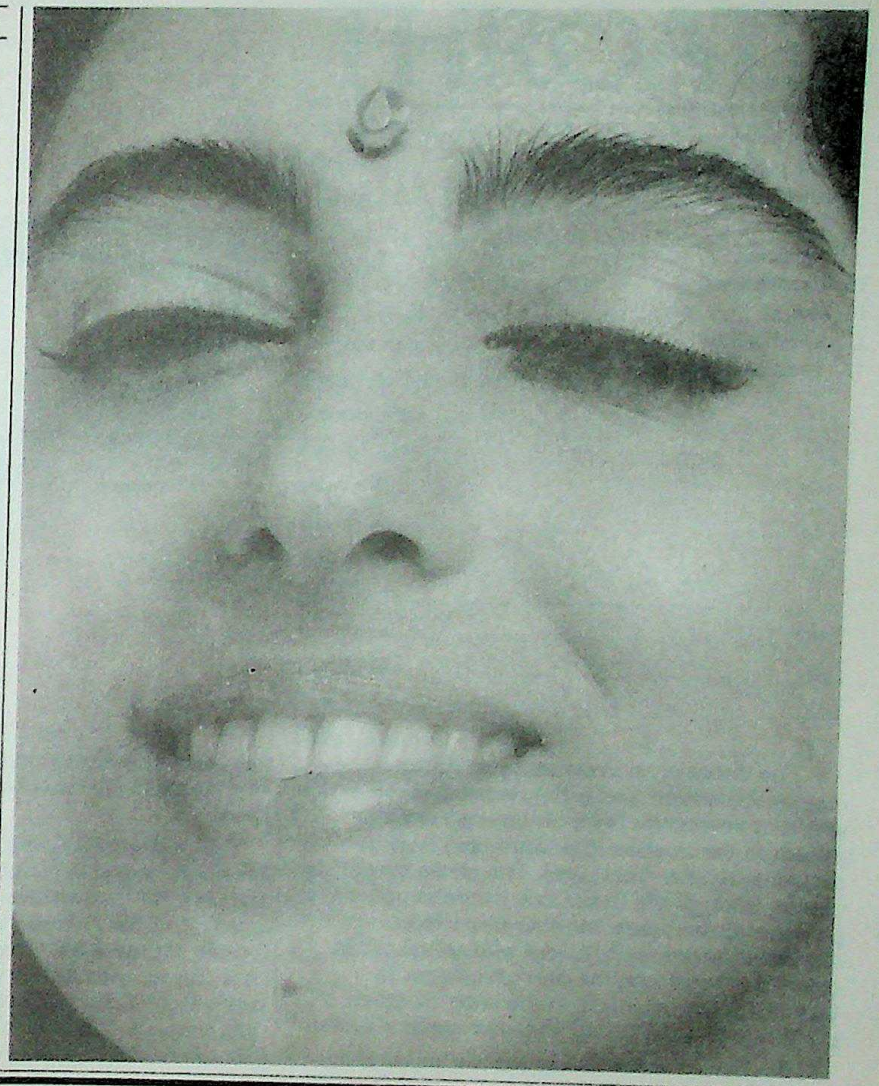
DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In cases which do not easily yield. Administer for two weeks.	CALENDULA 30
● With easily bleeding and retracted gums.	CARBO VEG 200
● Of gums separating from teeth.	KALI CARB 200
○ Pus oozing.	One dose a day.
○ Worse from hot drinks.	
● Ulceration of mouth and gums. Foul smell. Pus pockets.	MERC SOL 200
○ Pulsating gums. Spongy, receding.	
○ Severe itching in gums and roots of teeth.	
● Boils on gums. Abscess in the root of teeth.	SILICEA 200
○ Sensitive to cold air and cold water.	
● With spongy gums bleeding easily.	STAPHYSAGRIA 200
○ Teeth black and crumbling.	
Please also see 'PAIN/INFLAMMATION' above.	

If you are wise, laugh.
Martial



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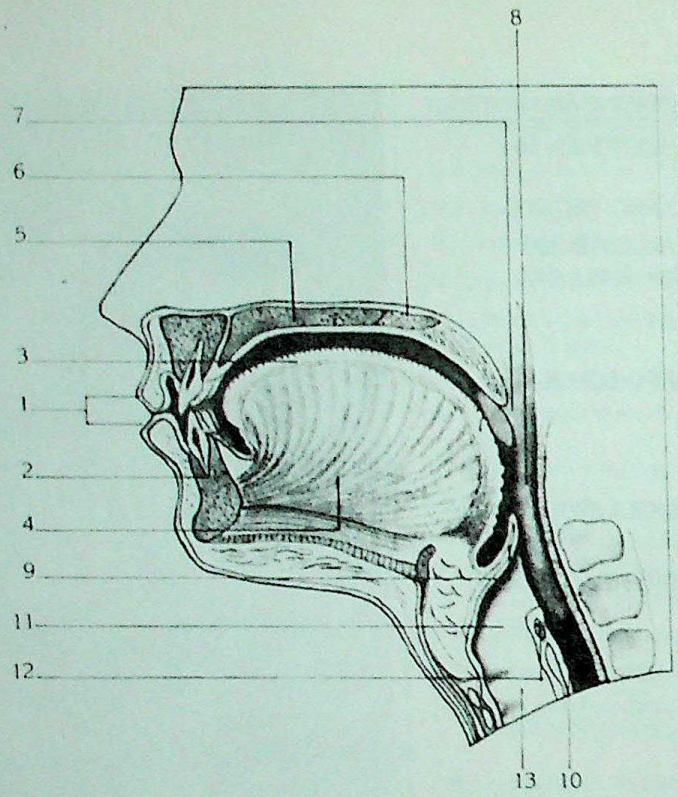
1. Lips
2. Teeth
3. Tongue
4. Muscles of tongue
5. Hard palate
6. Soft palate
7. Adenoids
8. Throat
9. Epiglottis
10. Oesophagus
11. Larynx
12. Vocal cords
13. Wind-pipe (trachea)



THE THROAT

The throat is an important part of the respiratory system and is the name given to a tube which connects the back of the nose and the mouth to the trachea (the wind-pipe) and the oesophagus (the food pipe). The air we breathe in passes through the throat into the wind-pipe on its passage to the lungs. At other times food shredded by the teeth, mixed with saliva, glides down the throat into the oesophagus on its journey to the stomach. In the latter function the throat is a part of the digestive system as well.

We have a voice box called the larynx which lies next to the throat. In the larynx are vocal cords and sound is produced when air passes over them.

On either side of the throat are glandular swellings known as tonsils. These are meant to trap and kill harmful minute organisms. In the exercise of this function the tonsils become red or purple, inflamed and swollen. At times pus forms and can be seen as tiny white patches. The sufferer is said to be having a sore throat when all this happens. The pus in the tonsils, at times even the inflammation, can give rise to fever.

The epiglottis is a tiny flap meant to prevent food entering the wind-pipe.

In all the infections of the throat, whether in pharyngitis or tonsillitis or laryngitis, it would be advisable for the patient to take it easy and stay in bed. Proper symptomatic medicine as advised should be taken. Abstinence from smoking is a must.

Laryngitis can at times be a symptom of a malignant tumour. If the problem does not clear within a few days, expert medical advice must be obtained. Continuous hoarseness over a long period of time does not omen well.

At times with laryngitis there is difficulty in swallowing and there is earache besides hoarseness. Tuberculosis may be the cause.

Besides the tonsils, the adenoids are prominent parts of the lymphatic system and help fight infection.

Certain throats are sensitive to very hot or very cold food. If that be the case, the person concerned should avoid taking such food. Care should also be taken not to take cold water after taking greasy food or pickles. This, at times, leads to hoarseness and sore throat.

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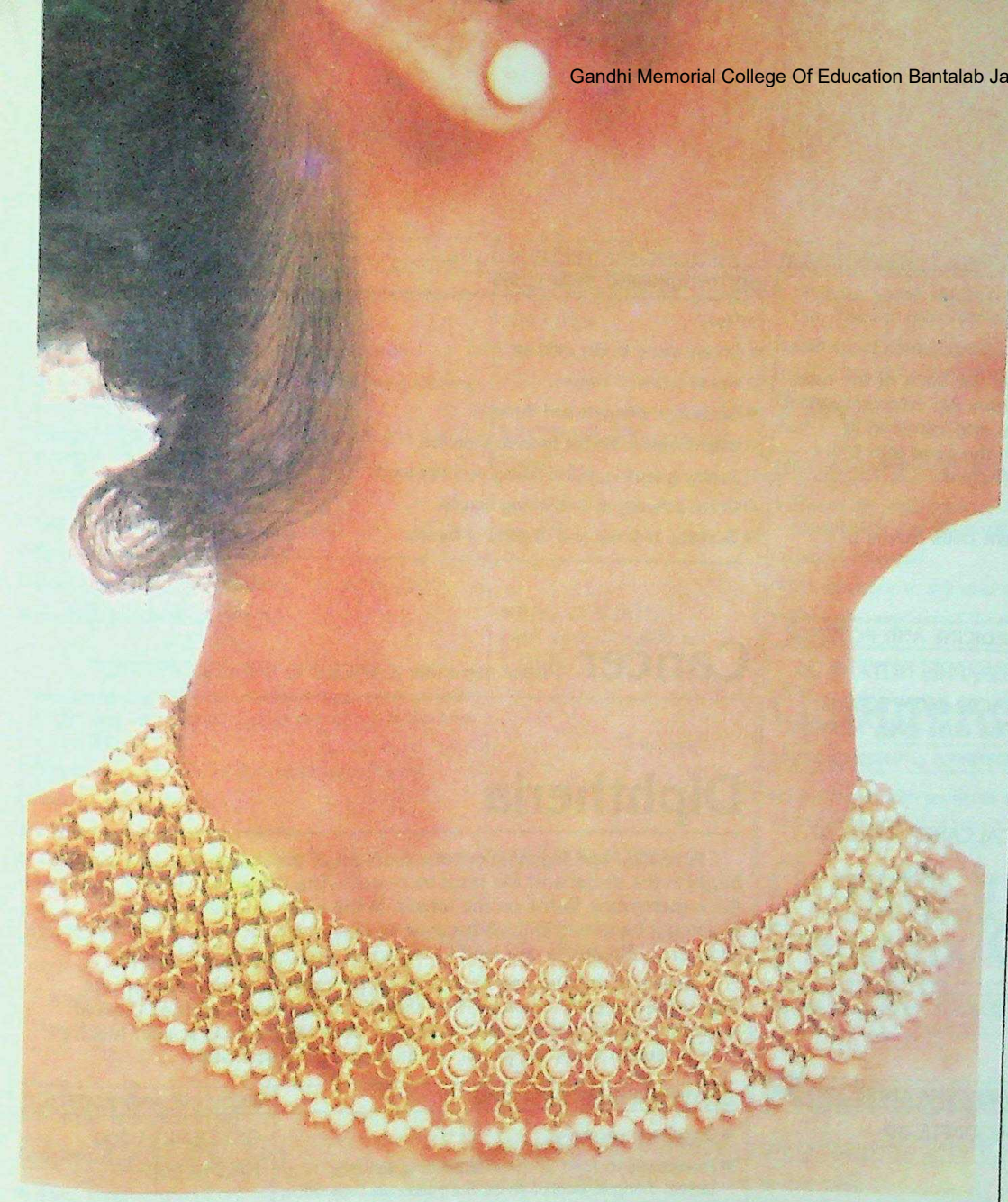

INDEX

THE THROAT

Adenoids 132
Burning 132
Cancer 132
Diphtheria 132
Discharge 133
Dry 133
Gangrenous 133
Growth in Larynx/in Pharynx/Cancer 133
Hoarseness 133
Laryngitis 134
Lockjaw 135
Mumps 135
Pain 135
Paralysis 136
Pharyngitis 136
Quinsy 136
Red 136
Rough 136
Smokers Throat 137
Sore Throat 137
Stammer/Stutter/Voice-Loss of 137
Stutter 137
Swelling 137
Tetanus/Lockjaw 138
Tickling 138
Tonsillitis 138
Voice-Loss of 140

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Adenoids

The adenoid is a pad of lymphoid tissue that lies at the back of the nose close to the mouth cavity. It helps the body fight infection. An enlargement of the adenoid blocks the opening of the eustachian tube and can lead to infection and pain of the middle ear. The air flow from the nose into the throat is obstructed. As a result the tonsils become enlarged.

The problem comes mainly in children.

The child may suffer from a blocked nose, frequent otitis media or middle-ear pain. His speech is nasal.

This problem does not last beyond childhood.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Adenoids with enlarged tonsils and otitis media.	AGRAPHIS NUTANS 30
● To start the treatment with.	BACILLINUM 200 One dose every fortnight.
○ No other medicine should be administered on the day Bacillinum has been given nor on a day before nor after.	
● Pale and fat children whose adenoids and tonsils are swollen.	CALCAREA CARB 30
○ The child perspires on the head at night.	
● With swollen and painful tonsils.	CALCAREA PHOS 30
○ The child is peevish and obstinate. He is weak and thin. His face is pale.	

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning sensation in the throat. Hot and red. Numbness predominates. Feeling of constriction.	ACONITE 30
○ Tonsils swollen and dry.Sensitive to touch.	
○ Sudden inflammation.	
○ Fever.	
○ On exposure to dry cold air.	
○ Worse tobacco smoke.	
● Burning in pharynx and throat.	CANTHARIS 200
○ Inflammation. Throat feels as if on fire.	
○ Scalding feeling. Burnt taking very hot food.	
○ Great difficulty in swallowing liquids.	
● Burning, redness and dryness of throat.	SULPHUR 200

Cancer

Please see under 'CANCER' in 'MISCELLANEOUS'.

Diphtheria

A serious and highly infectious problem of the throat. The symptoms begin in the throat and the respiratory tract. The throat is sore and swollen. A thick membrane forms on the tonsils, in the nose, on the windpipe. Breathing becomes difficult because of obstructed air ways. If not taken care of in time, diphtheria can lead to weakness, heart failure and death.

Today, diphtheria can be prevented by immunisation. Children are immunised in early infancy. They should receive three diphtheria toxoid injections in the first year and a booster dose later. Adults should receive immunisation every ten years. Get immediate medical help.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Diphtheric paralysis.	GELSEMIUM 200
● Membrane formed in throat extending towards larynx. Tongue coated thick like yellowish-brown fur. Uvula relaxed.	KALI BI 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Greyish-yellow and curdy membrane. Ulcers like slivered glass.	LAC CANINUM 30, every two hours.
○ Paralysis of the throat; fluids return by nose.	
○ Soreness and swelling starts left, goes right, comes back to left.	
● Membrane dusky, blackish. Starting left side. Pharynx full of thick, white, ropy mucus.	LACHESIS 200, every 2 hours.
○ Swelling of glands around nose.	
○ Cold extremities.	
○ Drowsiness.	
○ Pain aggravated by hot drinks.	
● Sudden attack of diphtheria.	MERC CYANATUS One dose of 1,000 or 10,000.
○ On larynx and nose. Dark blood from nose. A bluish-white, grey or blackish membrane forms at the back of the throat.	
○ Necrotic destruction of soft palate and fauces.	
○ Malignancy in throat.	
○ Prostration; threatened collapse.	
● Sub-maxillary glands painful, enlarged. Fauces dark red.	MERC IOD RUBER 30
○ Worse on left tonsil.	
● Dark red, blue or ash-coloured membrane. Burning as if a red-hot iron inserted into the throat.	PHYTOLACCA 1000
○ Dryness. Swallowing difficult. Cannot take hot fluids.	
○ Hands trembling.	

Discharge

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ropy, green mucus from nose into mouth, or from pharynx, larynx, trachea, bronchia. Difficult to take out. Mucous membranes ulcerated.	KALI BI 200
○ Can never clear throat.	

Dry

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Throat dry, red, tickling, burning, stinging, constricted. Tonsils swollen and dry. Violent cough.	ACONITE NAP 30, 200
○ Larynx inflamed.	
○ On exposure to dry cold air.	
● Excessive dryness of throat. Lips parched. Tongue dry.	BRYONIA 200

Gangrenous

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sore throat with paralysis of vocal cords.	KALI PHOS 30

Growth in Larynx or Pharynx/Cancer

Please see under 'CANCER' in 'MISCELLANEOUS'.

Hoarseness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Over-use.	ARNICA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sudden, violent hoarseness. ○ Inflammation of the larynx. Key of the voice changes; hoarse or squeaky. ○ Constriction. Clutching, choking sensation. ○ Throat raw; scraping, dry cough. ○ Spasm in larynx. Sudden loss of voice.	BELLADONNA 200
● Hoarseness on taking cold drinks or on taking oily pickles or fried food followed by cold drinks.	BRYONIA 200
● Hoarseness of public speakers, singers. Throat dry. Itching in posterior nares. ○ Throat swollen. Uvula swollen. ○ Dry, hacking cough.	WYETHIA 30, 200

Also please refer 'LARYNGITIS' below. Also 'VOICE LOST/HOARSENESS' under 'THE RESPIRATORY SYSTEM'.

Laryngitis

Inflammation of the larynx causes hoarseness and at times loss of voice. It is caused by many respiratory problems as well as by diseases of the throat like tonsillitis and at times by environmental factors like smoke, chemical fumes, dust, etc.

Laryngitis can be acute as well as chronic.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With inflammatory fever. ○ On exposure to dry cold air. ○ Larynx sensitive to touch, to air breathed in. ○ Inhalation difficult and noisy. ○ Voice husky. Can hardly speak. ○ Wants to cough but can hardly do so. ○ Restlessness and anxiety.	ACONITE 30
● Acute laryngitis. Vocal cords bright red. Larynx dry, sore; feeling of fullness. ○ Swallowing painful and difficult. ○ Total loss of voice. ○ Suffocating cough. ○ Aversion to all drinks.	BELLADONNA 200
● Ulcerative pain in larynx. ○ Scraping and titillation. ○ Due to old catarrh of aged persons. ○ In persons with reduced vitality due to insufficient nourishment. ○ Fetid sputum.	CARBO VEG 200
● Hoarseness. Hoarse cough. Toneless voice. Loss of voice. ○ Constriction in larynx when talking. Needs effort to speak. ○ Sensation as from a feather in the larynx; tickling causing cough. ○ Worse at night, when lying down, drinking, singing, laughing.	DROSERA 200
● With scanty, tenacious, muco-purulent secretion. ○ Great hoarseness with rough barking cough. ○ Stitching pain from ear to ear when swallowing or when turning head. ○ Worse mornings and indoors.	HEPAR SULPH 200
● Chronic laryngitis. Congestion and swelling. Increased secretion of glutinous mucus into the throat. Difficult to cough it out. ○ Worse mornings when tough mucus nearly strangles the patient.	KALI BI 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent tickling in larynx when speaking. Vocal apparatus weakened considerably. Very painful.	PHOSPHORUS 200
○ Dry, spasmodic cough with constriction of throat.	
○ Night cough with stitching pain in larynx.	
○ With cough, chilliness.	
● Swollen larynx almost protruding below the chin. Painful to touch; painful on turning neck; painful while breathing.	SPONGIA 200
○ Burning, tickling in larynx. Dry, irritating cough.	
○ Swollen sub-maxillary glands.	
○ Worse at night; from dry cold air.	
○ Use when Aconite fails.	

Lockjaw

Please refer 'TETANUS' below.

Mumps

Viral infection and swelling of the salivary glands. These glands are located in the cheeks, just in front of the ears. There is swelling in front of and below the ears. There is pain in the ear.

Other glands can also be affected at times; in women, inflammation occurs in the ovaries or pancreas; in men, after puberty there can be inflammation of the testes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Mumps affecting testes or breasts, if Pulsatilla fails.	ABROTANUM 30
● Alternate this and Merc Iod Rub every half an hour till the acute stage is over. Then continue Belladonna 4 times a day.	BELLADONNA 30
● Stiffness of the muscles of throat and of neck.	MERC IOD RUB 30
● Mumps with severe pain in the ear.	PULSATILLA 30
○ In mumps affecting mammae or testicles. Inflammation in either.	

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sensation of splinters in throat on swallowing.	ARGENTUM NIT 200
○ Throat dark red, rough, sore, raw.	
○ Worse cold food, sweets.	
● Smarting and stitching pain with or without pus in tonsils.	BARYTA CARB 200
○ Pain in swallowing.	Try this remedy first. It would give early relief. If it fails take HEPAR SULPH 200.
● Throbbing pain in tonsils which are swollen, burning and dry red.	BELLADONNA 200
○ Sudden violent attack.	
● Splinter pain in throat. Stitching extending to ears. Pus about to form or formed.	HEPAR SULPH 200
○ Shooting pain in tonsils, throat.	
○ Throat extremely sensitive to touch.	
○ Aggravation from cold air; early morning.	
● Chronic sore throat. Purple. Very painful. Pain starts left.	LACHESIS 200
○ Ulceration every time — red, grey, deep. Touch annoying. Mucus cannot be forced up or down.	
○ Pain into the ear.	
○ Worse on the slightest pressure.	
● Violent sore throat. Red, swollen and painful. Intensely inflamed. Burning. Uvula swollen. Swallowing painful.	MERC COR 30
○ Post-nasal pain with sharp pain into the ears.	
● White patches on throat with sharp pain as from splinters on swallowing. Dry throat.	NITRIC ACID 200
○ Pain into the ears.	
○ Mucus difficult to take out. Always hawking.	

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Paralysis

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of oesophagus and pharynx, after diphtheria.	CAUSTICUM 200
○ Of vocal cords; loss of voice.	
○ Irritation in trachea; dry, hollow cough.	
● After diphtheria.	GELSEMIUM 200
● Paralysis of vocal cords. Gangrenous sore throat.	KALI PHOS 30
● Of vocal cords. Voice lost.	LACHESIS 200
○ Larynx sensitive to touch, constricted. Throat purple.	

Pharyngitis

An inflammation of the throat. It may be acute or chronic.

There is a rise in temperature with chill and headache. The throat is sore.The neck glands swell. The cough is dry. At times there is inflammation of the eyes.

The pharynx consists of the mucous membrane-lined cavity behind the nose, the mouth and the larynx, linking them and leading into the oesophagus.It is commonly called the throat.

For medicines please refer respective symptoms like 'RED' and 'SWELLING' below.

Quinsy

An abscess of the tonsils accompanied by high temperature, pain on the affected side of the throat, spreading to the ear. There is difficulty in swallowing.

For medicines please refer 'TONSILLITIS' below.

Red

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Throat is red, dry, burning, stinging. Numb. Constricted.	ACONITE 30
○ On exposure to dry cold air.	
○ Fever.	
○ Sudden onset.	
● Angry-looking congestion. Worse on right side. Throat sore.	BELLADONNA 200
○ Hot like a coal on fire. Intense burning.	
○ Red, growing into dusky.	
○ Swollen tonsils. Constriction. Choking sensation.	
○ Sudden, violent attack.	
● Throat red, swollen, painful, burning. Intensely inflamed. Uvula swollen.	MERC COR 30
○ Very painful to swallow. Severe pain in post-nasal area, running into ears.	
● Sore, raw, smarting, burning throat. Pain into ear.	MERC SOL 200
○ Bluish, red swelling of throat.	
○ Putrid sore throat. Pus formed.	
○ Ulcers.	
○ Constant desire to swallow.	
○ Loss of voice.	
○ Worse right side.	

Rough

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Rough, scraping feeling in the throat.	NUX VOM 200
○ Throat tight, tense. Tickling.	
○ Stitches into the ear.	
○ Worse in the morning.	

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Smoker's Throat

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sore throat of smokers and drinkers.	CAPSICUM 30

Sore Throat

A common ailment caused by common cold or tonsillitis. The throat is red, painful and sore.

For medicines please refer respective symptoms in this chapter.

Stammer/Stutter/Voice-loss of

An interruption of the normal continuity of speech. The sufferer repeats first letter or syllable of words.

Loss of voice occurs for various reasons.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stammering.	BOVISTA 30
○ Awkward. Everything falls from hand.	
● Stuttering. Spasmodic repetition of sounds, specially of initial consonants. There is prolongation of sound and hesitation.	CANNABIS SATIVA 30
○ Confusion of thought and speech.	
● Stammering.	CAUSTICUM 200
○ Loss of voice from partial paralysis of vocal cords.	
○ Rawness in respiratory tract. From catarrh.	
● Stammering speech. Paralysis of tongue. Constant protrusion and retraction of the tongue.	CUP MET 200
● Paralysis of vocal cords. Gangrenous sore throat.	KALI PHOS 30
● Stammering. Involuntary pauses in talking, often with repetition of sounds.	STRAMONIUM 30

Stutter

Please refer 'STAMMER/STUTTER/VOICE-LOSS OF' above.

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Uvula swollen; hangs down like a water bag.	APIS 200
○ Tongue swollen to fill the mouth.	
○ Imminent suffocation.	
○ Sudden diphtheria.	
● Uvula relaxed, swollen like a bladder.	KALI BI 200
○ Ropy, green, tough mucus into the throat from nasal passages.	
● Painful swelling. Intense inflammation. Burning pain.	MERC COR 30
○ Uvula swollen.	
○ Swallowing painful.	
● Bluish-red swelling of throat. Pus on tonsils.	MERC SOL 200
○ Excessive saliva.	
○ Loss of voice.	
● Pharyngitis. Throat swollen. Uvula swollen.	WYETHIA 30, 200
○ Itching in posterior nares. Throat dry. No relief from hawking.	
○ Dry hacking cough.	
○ Singers, public speakers would get great relief.	

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Tetanus/Lockjaw

A serious illness in which bacterial infection causes acute contractions of the muscles of the jaw and the neck. The patient experiences stiffness and pain in the jaw, with rise in temperature. Swallowing is difficult. There is headache and sweating.

Immediate medical attention is required because tetanus can be fatal.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Convulsions.	CICUTA 200
○ Loss of consciousness.	
○ Face dark red. Mouth frothing.	
○ Spasm of masticatory muscles.	
○ Raised temperature, headache and sweating.	
○ Oppressed breathing.	
○ From injury inflicted upon head and spinal column.	
● Tetanus feared after punctured wound. Pain shoots up in the wound along the nerves.	HYPERICUM 200
○ After development of tetanus.	
○ To follow Ledum in early stages. In later stages only Hypericum.	
● First remedy when tetanus is feared. As soon as a wound has been inflicted. Prevents tetanus.	LEDUM 200
● Violent convulsions of the whole body. Extreme rigidity of the limbs.	NUX VOMICA 200
○ Eyes distorted, face red.	
○ Chest drawn in, causing difficulty in breathing.	
○ Spasm preceded by violent chills and shuddering.	
● Extreme rigidity of muscles of the neck and of shoulders.	PASSIFLORA INC Mother tincture. Thirty drops dose every hour.
○ Difficulty in swallowing.	
○ Tetanus from punctured wounds.	

Tickling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tickling in the throat.	ACONITE 30
● Tickling in larynx.	ALLIUM CEPA 200
● Itching and tickling in soft palate and nasopharynx. Throat rough and burning.	GELSEMIUM 200
● Tickling in soft palate; severe itching. Onset of cold.	ARUNDO 200
● With rough, scraped feeling. After walking in the morning.	NUX VOMICA 200
○ Throat tight, tense. Pain into ears.	
○ Uvula swollen. Constriction in pharynx.	

Tonsillitis

Inflammation of the tonsils. Common in children.

Swollen tonsils are accompanied by high temperature, white-coated tongue, foul smell, dry cough.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tonsils swollen and hot. Sudden tonsillitis on exposure to dry cold air.	ACONITE 30
○ Throat dry, red, tickling, burning, stinging, constricted.	
○ Violent cough.	
● Tonsils enlarged and indurated. Hardened.	ALUMEN 30
○ Oesophagus constricted.	
○ Has a tendency to catch cold leading to tonsillitis.	
● Tonsils puffy, fiery red. Swelling more prominent than any other symptom.	APIS 200

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contd....page 140

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SYMPTOMATIC TREATMENT OF SORE THROAT — ACUTE PHARYNGITIS — TONSILLITIS

What is known as sore throat to the layman is either acute pharyngitis or tonsillitis. In the former, the throat is sore, rough; there is a stabbing pain on swallowing and the patient has fever most of the time. In tonsillitis, the tonsils are infected and inflamed. The throat is sore, aching and on swallowing there is a severe piercing pain. The pain is as if someone is using a knife to dig. The tonsils are swollen and red. If pus has been formed, it is visible as white or yellow patches on the tonsils. Formation of pus leads to fever, body-ache, throbbing headache, nausea.

All the symptoms may not be present at the same time.

When the severity of inflammation increases, the colour of the throat changes from red to purple or bluish-red.

It is not difficult to examine a throat which is sore and infected. Ask the patient to open the mouth and say 'Ah-h-h-h' while the tongue is held downwards with a stainless steel spatula or the flat handle of a spoon. A strong beam of light can be directed onto the throat and the state of the tonsils and the visible symptoms can be clearly noted.

There is no need to take out the tonsils even if inflammation is frequent. Sulphur 200 taken once a week for 3 months would eliminate the tendency of repeated tonsillitis and sore throat.

Do you have fever?
Do you have pain?
Both? Or either?

If Yes

Are tonsils inflamed, RED, PAINFUL, shining, glistening, SWOLLEN?

If Yes
Use BELLADONNA 200

OR

Is the colour of the skin in the throat or of tonsils PURPLE? Is SWALLOWING PAINFUL?

If Yes
Use LACHESIS 200

OR

Are tonsils full of PUS, with WHITE PATCHES with shooting, piercing, STABBING, throbbing PAIN on swallowing or otherwise?

Yes
Use HEPAR SULPH 200

OR

PUS yes,but NO PIERCING PAIN?

Use MERCURIUS SOL 200

If no fever

Has pus in tonsils followed a cold? Is there a stinging, stabbing PAIN in the throat on SWALLOWING even without visible pus?

If Yes to both or to the 2nd question
Use BARYTA CARB 200

OR

Are there PUS PATCHES on the skin of the throat?
Is the throat swollen?
Is the breath foul?
Is there excessive saliva?
Is there sweat without relief?

If Yes to the first question and any others, use MERCURIUS SOL 200

OR

Is the TONGUE SWOLLEN?
Does the tongue protrude from the mouth?
Is the nose STUFFED?
Is there pus?

If Yes, use LYCOPODIUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tonsils enlarged, red; angry-looking congestion.	BELLADONNA 200
○ Scraping sensation.	
○ Difficult deglutition. Constriction in the throat.	
○ Worse on right side.	
● Abscess in tonsils, that is, quinsy. Tonsils suppurate from even a slight exposure to cold.	BARYTA CARB 200
○ Tingling pain in tonsils, pharynx, larynx.	
○ Smarting pain on swallowing.	
○ Tonsillitis develops slowly.	
○ Counteracts tendency to quinsy. Give one 1000 potency dose every week for 3 months.	
● Pus in tonsils. Shooting, piercing pain. Throat extremely sensitive to touch.	HEPAR SULPH 200
○ Chronic hypertrophy of tonsils.	
○ Pain spreads to ears. Stitching pain in tonsils and in ears.	
● Tonsillitis with sinusitis. Tonsils inflamed, swollen, red. Uvula bloated, hanging. Pain at the root of the tongue. Tough, green, ropy, mucus inwards.	KALI BI 200
○ Terrible earache.	
● Tonsils enlarged so much that the patient can hardly breathe. Grey patches on tonsils and in the throat.	KALI MUR 30
○ Tonsils purplish. Quinsy. Abscess. Purple, livid colour of the throat.	LACHESIS 200
○ Trouble starting left side.	
○ Pain from throat into ears.	
○ Difficulty in swallowing liquids; (not solids so much); especially hot drinks.	
○ Throat and tonsils very painful to touch.	
● Ulceration of tonsils beginning right side.	LYCOPODIUM 200
● Pus in tonsils but as yet no shooting pain. Swollen, red. Complete loss of voice at times.	MERC SOL 200
○ White, pale patches on tonsils.	
○ Difficult swallowing.	
○ Fever with gripping chilliness and sweat.	
○ Worse at night and in bed.	
● Right side tonsils swollen with shooting pain into the ears. Palate swollen.	PHYTOLACCA 30
○ Throat dark red or bluish-red. Throat very hot. Cannot swallow anything hot.	
○ Pain at the root of the tongue extending to ear.	
● Pricking pain as of a pin.	SILICEA 200
○ Tonsils swollen after a cold.	
○ Periodical pus formation.	
○ Chronic cases.	

Voice-Loss of

Please refer 'STAMMER/STUTTER/VOICE-LOSS OF' above.

There is no index of character so sure as the voice.

Benjamin Disraeli

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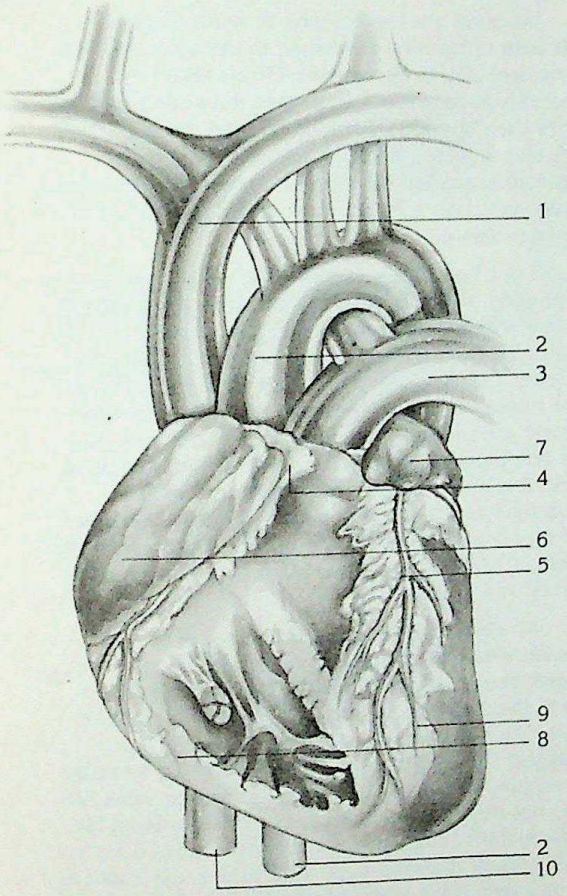
THE HEART & THE CIRCULATORY SYSTEM



1. Superior vena cava
2. Aorta
3. Pulmonary artery
4. Right coronary artery
5. Left coronary artery
6. Right atrium
7. Left atrium
8. Right ventricle
9. Left ventricle
10. Inferior vena cava

Section of the Heart

The two basic requirements of the human body are oxygen and food. While the food provides fuel, the oxygen is needed to burn this very fuel. Every cell of the body requires both these substances. This important function of transportation of oxygen and fuel to every part of the body is performed by blood. The circulation of blood does this as well as carry waste products away from the points where these get accumulated. Blood also helps in maintaining the body temperature.

Oxygen is carried by red blood cells. Antibodies which protect the body from infection are carried by blood plasma. Blood transports absorbed food from the intestines. It carries hormones which are produced by endocrine glands. If the body is injured and the blood vessels are damaged, blood carries substances which help in the clotting of blood and start the process of formation of fresh skin. Heat produced by metabolism in the body is circulated by blood plasma. It is blood which carries waste products to the kidneys for excretion through urine. The water level in the body tissues is maintained by blood. It can thus be said that blood is the real nectar of the human body. Without blood there would be no life.

The circulation of blood through the body is a one-way affair. This is ensured by valves in the heart which automatically shut if blood tries to move in the wrong direction.

Oxygen is taken to the tissues in the body by capillaries. Thereafter the blood begins its return journey firstly through very small veins, then through larger veins and ultimately, taking the route of the superior vena cava and the inferior vena cava, enters the right side of the heart, mission accomplished. It is from here that the blood is pumped to the lungs for absorption of oxygen and to restart the process of circulation.

The circulation of blood is maintained through a complicated system which depends on pumping and pressurizing the blood around the body. At the centre of this system lies the heart. In 60 seconds the heart, beating steadily, pushes 5 litres of blood through a complete journey in the body. This is achieved through contraction of the muscles of the heart. This contraction expels blood from the right side into the lungs, and from the left side into the aorta, which is the largest artery in the body. The lungs receive blood from the heart through the pulmonary arteries. Here the blood gives up carbon dioxide and takes up oxygen. The oxygenated blood returns to the left side of the heart via the pulmonary veins and is distributed to all parts of the body by the aorta. Even the tiniest of the capillaries receives this oxygenated blood.

The heart muscle itself is supplied with oxygen in large quantities, because the heart is working non-stop from the beginning to the end of human life.

The heart which beats non-stop in order to send the blood round and round in the body, therefore, plays the most important role in the drama that is life. Once the heart stops for good, the rest is silence. It is the strongest part of the human body. It is also the part most prone to disease. The number of deaths due to heart failure easily exceeds the number of deaths caused by any other disease.

Contrary to what is written by the poets, by the novelists and by the writers of fiction, the heart is not the seat of emotion. One's love is a heart-throb

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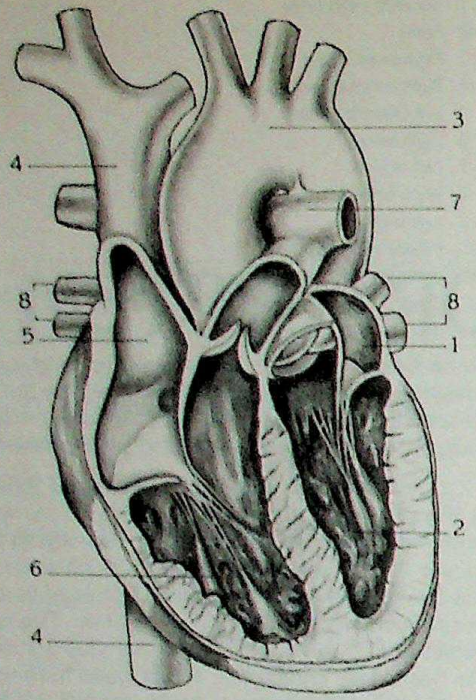

1. Left atrium
2. Left ventricle
3. Aorta
4. Vena cava
5. Right atrium
6. Right ventricle
7. Pulmonary arteries
8. Pulmonary veins

Section of the Heart

This section illustrates the complicated inner design of the heart. Blood is conducted from the left atrium via the left ventricle to various parts of the body by the aorta. After a complete circuit of the body, impure blood running through the venae cavae enters the heart through the right atrium. From there blood is carried into the right ventricle and thereafter by pulmonary arteries to the lungs for purification. Purified and oxygenated blood is carried by pulmonary veins from the lungs to the left atrium.

only symbolically because it is the brain which experiences the emotion of love and not the heart. The heart does beat faster in moments of love or fear but that too is a result of communciations sent from the brain.

The diseases of the heart and the circulatory system relate to the heart, the arteries and the veins. A certain level of pressure has to be maintained so that the heart can contract and relax systematically, quite precisely most of the time. Disturbances in blood pressure levels lead either to hypertension or to low blood pressure, and the consequences that follow.

An inefficient functioning of the heart due to a disturbance in blood pressure levels not only damages the heart muscle but also reduces the supply of oxygen to vital parts of the human body, such as the brain, causing extensive and initially invisible damage. The blood pressure goes up if the arteries are clogged or if the heart has to supply more blood to the body than it can normally . The type of diet that we take and body weight play a great role in causing high blood pressure, if any, because these factors directly affect the inside of the arteries, their elasticity and the quantity of blood which the heart has to pump in a given period of time.

Deposition of cholesterol in food on the walls of the arteries reduces the flow of blood through them. This reduced blood supply in turn leads to angina pectoris, heart attack, stroke, dizziness, a disturbed vision and even collapse.

The chemical composition of the blood plays a great role in regulating the rhythm of the heart and the cycle of the heart beat. Any disturbance in the rhythm of the heart, whether increasing the heart beat or reducing it or making it irregular is a cause for concern.

The functioning of the heart is affected not only by the damage to the heart muscle but also by tension, fear and anxiety. Smoking, lack of exercise, wrong eating habits and obesity are factors which affect the heart adversely. Hypertension or high blood pressure which damages the heart is also partly caused by these factors.

Smokers are more prone to heart disease because of nicotine contained in the smoke which adversely affects the arteries. Drugs taken by mothers-to-be affect the child in the womb and so does their smoking. Persons beyond the age of 40 are also a part of the high risk group so far as heart diseases are concerned. Increasingly, however, even young persons have begun to be affected by heart problems.

If our heart muscle has not already been damaged, which is the case with most of us,we should take regular exercise. It would strengthen the muscle of the heart and make it strong. Exercise speeds the flow of blood through the body and can increase it to an extent that the blood goes round the whole body in ten seconds. as compared to sixty seconds when the body is at rest. It is in our interest to protect the heart machine which in a day pumps almost 8000 litres of blood through the human body. The heart beats almost 1,00,000 times a day and almost 3 million times in a month.

An easy life-style has led to a rising incidence of heart disease in technologically advanced societies. While the diet has become rich, the desire as well as the opportunity to take exercise has been considerably reduced. The biggest casualty of modern life is walking because people who have to go long distances to work just do not have time to take a walk. Brisk walking for 30 minutes to 60 minutes every day does a lot to keep heart diseases away. Everyone must make a conscious effort in this direction. Swimming is an excellent exercise for this purpose and so is cycling. Watch your weight. Stay slim. Do not smoke. Avoid high cholesterol foods.

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THE HEART & THE CIRCULATORY SYSTEM

Aneurysm 144
Angina Pectoris 144
Aortic Incompetence 144
Aortic Valve Stenosis 145
Atrial Fibrillation 145
Arterial Thrombosis 145
Arterio Sclerosis (Atheroma) 146
Blood Pressure - High/Hypertension 146
Blood Pressure - Low 149
Blue 150
Bradycardia 150
Burning 150
Chest Pains 150
Constriction 150
Coronary Thrombosis (Myocardial Infarction) 150
Emergency 151
Endocarditis 152
Heart Failure 152
Hypertension 153
Inflammation 153
Myocardial Infarction 153
Myocarditis 153
Pain 154
Palpitation 155
Pericarditis 155
Pulse Rapid/Slow 155
Tachycardia 156
Tonic 156

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Aneurysm

Permanent cardiac or arterial dilation.

When the blood pressure is high and an artery is weak or diseased, there can be a local swelling. Usually, the main artery of the chest and abdomen known as aorta is affected. The visible symptoms, in case aneurysm develops in the chest, would be chest pain and shortness of breath.

If an aneurysm bursts, emergency surgery is required.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stitches in the chest which are worse on inhaling.	BARYTA CARB 200
○ Palpitation and distress in the region of the heart, more so while lying on the left side.	
○ Chronic aphonia, that is, loss of voice.	
● Dilated blood vessels.	CALCAREA FLUOR 200 One dose per day.
○ An excellent remedy for aneurysm.	
● Is specific for aortic disease.	LYCOPODIUM 200
○ Palpitation is worse at night.	

Angina Pectoris

Pain in the region of the heart and originating there. It might run into the arm or the shoulder, often on the left side. The pain generally comes on account of strain, exercise or fatigue. The pain is constricting because there is a sudden shortage of blood supply to the heart muscle. An increase in the severity of the pain or an increase in the frequency of the pain should be a sign for immediate medical consultation and great care.

At times angina pain is felt as a heart-burn as if on account of indigestion.

The angina pain is temporary and passes off with rest but its severity should never be under-estimated. The patient must not stir till pain subsides.

Also please refer 'PAIN' below.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First aid remedy.	ARNICA 200, 1000
○ Pain very severe in elbow of the left arm. Stitches in the region of the heart.	
○ Pulse feeble and irregular.	
● Feeling of heart having been tied with an iron band. Suffocation.	CACTUS Mother tincture. In emergency; 10 drops in water every 30 minutes till condition stabilises.
○ An excellent remedy in angina pectoris.	
○ Acute pain. Violent, clutching.	
○ Pain shooting down left arm.	
○ Face blue, lips blue. Left arm numb.	
● Pain sudden and terrible on the left side of the chest, extending into the left arm.	CRATAEGUS 200 Mother tincture 15 drops in water, 4 times a day.
○ Extreme dyspnoea, that is, breathlessness, on least exertion but without much increase in the pulse rate.	
○ A heart tonic. The medicine ought to be used for a long time to strengthen the heart muscle and as a prophylactic.	
● Angina attack when the patient is excited.	CUPRUM ACETICUM 30
○ Difficult respiration and spasmodic constriction of heart.	
● Onset of pain while going uphill. Any exertion brings on rush of blood to heart and fainting spells.	GLONOINE 200 In emergency administer 5 drops of mother tincture on sugar repeatedly.
○ Pulse small, wiry.	
○ Pallor of the skin.	
○ Emergency remedy in angina pectoris.	

Aortic Incompetence

The aortic valve which lies at the exit of the main pumping chamber of the heart gets thickened and does not close properly. The patient experiences shortness of breath on account of leakage of blood.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In case of chronic aortitis, that is inflammation of the aorta.	ARSENIC IOD 30
○ In senile heart and fatty degeneration.	
● An excellent remedy for hardening of the wall of the heart.	AURUM MUR 30
○ High blood pressure.	
○ Arterio-sclerosis.	
Please also see 'ARTERIO-SCLEROSIS' below.	

Aortic Valve Stenosis

The opening of the aortic valve becomes narrow and there is obstruction to the forward flow of blood to the brain and coronary arteries. It may cause angina pectoris, fainting on exertion, difficulty in breathing and vertigo while standing up from a sitting position.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic aortitis. Senile heart. Acute inflammation of the heart muscle (myocarditis) and fatty degeneration.	ARSENIC IOD 30 The medicine should be given twice daily, half an hour after meals, along with any other medicine which might be indicated.
○ This remedy is specific in most of the heart problems. Pulse is slow; the heart palpitates. Going upstairs causes breathlessness.	
● An excellent remedy for pulmonary stenosis. Shortness of breath and even thrombosis of the pulmonary artery.	ASPIDOSPERMA Mother tincture to be given, when attack comes, in 10 drops dose, every hour till relief is obtained.
● Hardening of walls of the heart in case of older people.	AURUM MET 30
○ Angina pectoris due to chronic rheumatism that wanders from joint to joint.	

Atrial Fibrillation

Irregular beating of the heart. At times, there may be no symptoms, but generally, there is shortness of breath and palpitation.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In chronic irregularity of heart with extreme weakness. Very feeble and irregular heart action. Extreme breathlessness on least exertion.	CRATAEGUS Mother tincture 15 drops dose four times a day. Administer for a long time. A heart tonic.
● In cases of dilated heart which is tired, irregular. Slow and feeble pulse.	DIGITALIS 30
○ Dropsy of external and internal parts.	
Please see 'MYOCARDITIS' below.	

Arterial Thrombosis

Formation of a blood clot in an artery of the brain, the heart, or a leg. Other arteries can also be involved. There is a sudden pain in a limb which is at rest. The affected limb feels cold because of stoppage of flow of blood. It would be paler than other parts of the body.

In order to avoid arterial thrombosis, give up smoking and reduce weight if you are over-weight.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Specific for thrombosis in the middle or end of a thigh. A thick, sensitive stirring all along the inner side of a thigh or in a leg.	APIS 200
● An excellent remedy for thrombosis in an artery of the heart.	BOTHROPS 200
○ Skin swollen, livid and cold with haemorrhagic infiltration.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Thrombosis with high blood pressure. The ailment comes during sleep. ○ Worse on left side, on pressure and constriction.	LACHESIS 200

Arterio-Sclerosis *(Atheroma)*

Inelasticity and hardening of an artery, of vessel walls. The blood vessels get thick, narrowed and hardened. Arterio-sclerosis is a result of degeneration of the walls of the arteries as well as of fatty deposits on the inside. The symptoms appear gradually. Arterio-sclerosis can be associated with high blood pressure, angina pectoris, dizziness, headaches, pain and cramps in the legs after exercise. On exertion, there is pain in the chest. In cases where the brain is affected, there can be disturbance of balance, vision, speech and in the use of arms and legs. The resulting complications can threaten life.

For prevention, people who are over-weight should shed their weight. Those who are of normal weight, should try to avoid eating too much of fat, white bread, and other foods which cause hardening of the arteries.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Specific in cerebral arterio-sclerosis. Vertigo of the aged.	ARNICA 200
● Sudden onset of excruciating pain in the affected limb. The limb goes cold and turns pale.	BOTHROPS 200
● Fatty degeneration of the walls of the arteries; extreme dyspnoea on the least exertion. Blueness of fingers and toes. ○ All aggravated by exertion or exercise. ○ An excellent heart tonic.	CRATAEGUS Mother tincture 5 times a day. 15 drops each dose. Should be used for some time to obtain good results. Use as a prophylactic also.
● Arterio-sclerosis of the lungs. Senile asthma.	BARYTA MUR 30
● When the brain is affected. Surging of blood to heart and head. Pulsating pain. Cannot recognize localities. Experiences confusion with dizziness.	GLONOINE 200
○ Any exertion brings on rush of blood to heart and a fainting spell. Throbbing in the whole body. Limbs go numb.	
● In case of loss of consciousness.	OPIUM 200
● Angina pectoris. Neuralgia extending to left arm or both arms. Sticking pain, palpitation, dyspnoea. ○ The patient feels chilly in the affected parts. ○ Shudder through the whole frame of the body.	SPIGELIA 200

Blood Pressure–High/ Hypertension

When the blood pressure is higher than normal, the condition is called hypertension. It can lead to angina pectoris, coronary thrombosis and heart failure.

Any-one who has hypertension or high blood pressure should change his life style in order to avoid tension and take regular but moderate exercise. He should give up drinking and smoking. If his weight is on the high side, steps must be taken to reduce it.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sensation as if the heart stopped beating for 2 or 3 seconds; followed by a tumultuous rebound. Sinking at epigastrium. ○ Pulse rapid or feeble; irregular. ○ Violent headache; congestion in the head; double vision; sleeplessness.	AURUM MET 30, 200
● Surging of blood to head and heart. Confusion with dizziness. ○ Sudden and violent irregularities of circulation. Throbbing pulsation in the whole body upto finger-tips. ○ Laborious action of the heart. ○ Cannot go uphill. Faints on exertion. ○ Breathlessness along with palpitation.	GLONOINE 200

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contd ..... page no. 149

Gandhi Memorial College Of Education Bantalab Jammu

Hypertension or High Blood Pressure

Hypertension is one of the main causes of coronary heart disease and congestive heart failure. Another serious result of hypertension is a brain stroke in quite a few cases. Hypertension develops quite often without any preceding symptoms.

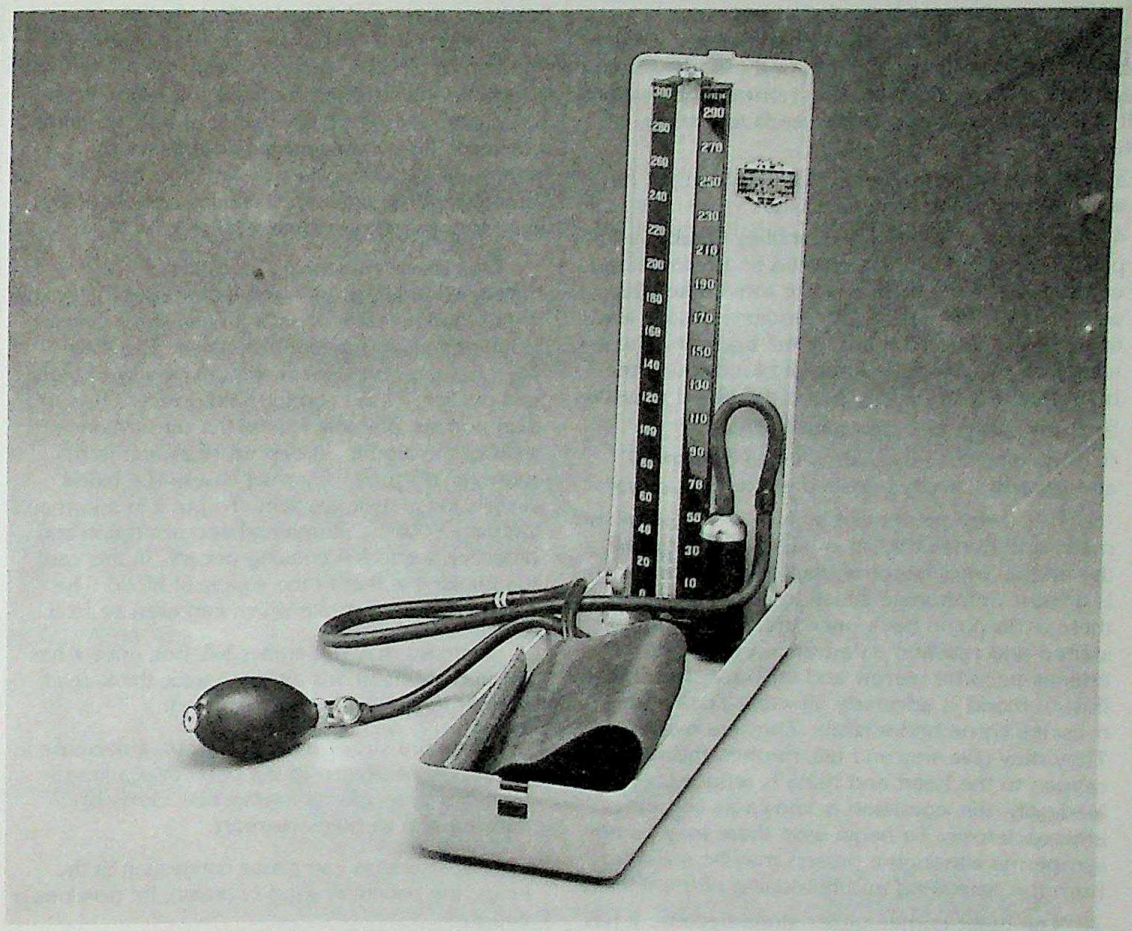
Hypertension is a condition caused by an increase in the blood pressure. As the blood flows through blood vessels in the human body, it exerts pressure against the walls of the vessels. As the heart contracts in its cycle of pumping blood, blood pressure reaches its highest level. This is called systolic blood pressure. The blood pressure reaches its lowest point when the heart is at rest or is relaxed. This is called diastolic blood pressure.

Normal blood pressure is around 120/80 mm of Hg (mercury) for a healthy person. There is no safe limit beyond normal. Any value other than normal should be a reason for taking care.

If, continuously, the systolic and the diastolic pressures exceed the limit of 140/90, a human being is said to have high blood pressure. He needs medical care. Values higher than 160/95 are placed in the danger zone.

Blood pressure level varies depending on the factors discussed below.

1. As indicated above the movement of blood through arteries builds up pressure. This pressure increases according to resistance offered by the narrowing inner circumference of the arteries.
2. The amount of blood which the heart has to pump out in a given period of time and the total volume of blood in the body are very relevant factors. The amount pumped out with each heart-beat varies according to mental tension, physical needs of the body due to exercise,and a number of other causes.
3. Hormones produced by various glands and enzymes produced by the kidneys cause constriction of blood vessels, increase blood volume and produce cardio-vascular changes and thereby vary the level of blood pressure.



Unfortunately, any malfunctioning of the aforesaid factors generally increases the blood pressure.

The following groups are more affected by blood pressure than others:

1. More men below 45 years of age than women in that age group.

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Hypertension can lead to partial or total blindness because it can damage blood vessels in the retina of the eye.

Ankles are swollen.

The mind as well as the body suffer debility and fatigue. Even as the patient wakes up after having slept well, he is tired.

2. Persons who are obese. In these cases, obviously, the human heart has to pump a greater volume of blood,in proportion to the body weight and size than in a person with normal body weight. It is all extra work and hence leads to greater tension.
3. Children of parents either of whom might have suffered from high blood pressure.
4. The users of excessive quantities of table salt, pickles, processed meat, canned soup, processed canned cheese, seasonings like tomato ketchup, soya sauce, chilli sauce, etc. Sodium in salts leads to excessive fluid retention in the body and thus increases the overall volume of blood which the heart has to pump. That raises the blood pressure.
5. Some users of birth control pills.
6. Smokers. Nicotine narrows and constricts arteries and thereby boosts the blood pressure.

The consequences of high blood pressure are many and none of them is pleasant. First of all, the arterial walls become thick and hardened. This is a most unfortunate situation because usually there is no going back once this process has started and reached an advanced stage. As the arteries become narrow and inflexible, the smooth flow of blood is adversely affected. The heart muscles come under strain. They are overworked. They may give way and fail. Further, the supply of oxygen to the heart and brain is reduced. Medically, this condition is known as coronary atherosclerosis. To begin with, there may be no symptoms although a person may be suffering from the narrowing and hardening of the arteries.

The heart comes under strain because it has to compensate for the decreased supply of blood and oxygen on account of narrowing arteries. This can lead to heart failure.

Congestive heart failure also can result from hypertension. If a substantial part of heart muscle has been damaged, blood collects in the extremities and in the lungs. This brings about a flooding of blood in the circulatory system and a congestion takes place because this blood is not being pumped efficiently. Congestive heart failure can result from many causes. But its most significant cause is hypertension. The heart is forced to pump against increasing resistance by hypertension and perforce it fails.

One of the most serious results of hypertension is a stroke which damages the brain. High blood pressure makes it difficult for delicate blood vessels to function effectively. The brain does not get proper nourishment by way of blood and oxygen. Blood coming with greater pressure than normal, physically hurts the sensitive inner walls of the arteries. A deposit of plaque forms more rapidly than in normal cases. The blood vessels loose their elasticity. To put it in a layman's language: 'As the plumbing becomes rotten and defective, a sudden choking occurs'. In this case, the choking is that of the supply of blood. The patient suffers a stroke which can even be fatal.

A stroke may not always kill. But, once it has affected a person, his ability to walk, think, read, write or to speak is greatly reduced.

Even if a stroke does not occur, a decrease in the supply of oxygen to the brain over a long period of time, affects intelligence, clarity of thinking and weakens memory.

Hypertension can cause congestion in the lungs; the patient is short of breath; he develops a cough.

High blood pressure slows down the functioning of kidneys. As a result, the blood retains more salt and water. This in turn leads to high blood pressure. It becomes thus a vicious circle.

To reduce high blood pressure, a smoker must stop smoking. Whatever damage has already been done to the blood vessels may in course of time be repaired. But, if the nicotine in tobacco is allowed to continue its adverse effect by constricting blood vessels and boosting blood pressure, there can be no relief. Even the medicines would loose their effectiveness.

Salt intake ought to be cut down. Table salt should be given up and the quantity of processed food should be either drastically reduced or totally eliminated from the menu. Sauces and ketchup have to be sacrificed.

Those who are overweight must make a sincere effort to reduce. Although this is easier said than done, yet there is no way out. Weight reduction can be achieved only through a proper regulation of diet and steady, reasonable and non-tiring exercise.

Relaxation has a positive effect in reducing hypertension. During a working day, a patient of hypertension must relax for brief periods intermittently. Relaxation can also be achieved through meditation and yoga. Listening to Indian classical music, particularly the slow movements, (the alaap)also relaxes the listener.

Yet, there may be no escape from taking medicines. A number of powerful drugs are available for reducing high blood pressure although invariably they have side effects. But it is better to treat hypertension with drugs than to live with it and face a dangerous situation every minute of one's life. Symptomatic treatment according to the homoeopathic system of medicine is very useful and has no side effects.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High blood pressure at the climacteric or otherwise. ○ Palpitation of heart. ○ Irregular beating of heart. ○ Constricted feeling in the chest. Oppressive sensation. Suffocating attack. ○ Acute or chronic heart problem. ○ Rush of blood towards head, with coldness of feet. ○ Cough causes pain in arms or in piles. ○ Inability to lie down.	LACHESIS 200
● Hypertension. ○ Heart action tumultuous and forcible. ○ Rheumatoid pains. ○ Cardiac asthma.	LYCOPUS VIRG 30
● Hypertension with arterio-sclerosis. ○ Weak heart. Pulse soft and small.	PLUMBUM MET 30
● High blood pressure at the time of climacteric, characterised by flushes of heat, circumscribed redness of the cheeks. Distension of temporal veins. Headache in the occiput. ○ Burning of palms and soles.	SANGUINARIA 30
● Induces fall of both systolic and diastolic blood pressure. Reduces congestion at the base of brain, of lungs. ○ Congestion of head. Giddiness. Bloodshot eyes. Double vision. Bloated face. ○ Nausea, vomiting. ○ Rheumatic heart. ○ Beating of pulse throughout the body, especially right thigh. ○ Burning pain in the region of the heart.	VERATRUM VIRIDE 30

Blood Pressure – Low

Low blood pressure can be a result of diverse factors and leads to weakness.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Low blood pressure. Pulse feeble, irregular quick without strength. ○ Weak heart. Violent palpitation, with vertigo, flatulence, loss of breath. ○ Constricting, stitching pain in the heart region. ○ Cardiac incompetence. ○ Face blue.	CACTUS 30 Mother tincture, 10 drops dose in water every half an hour in emergency.
● Extremely feeble heart muscle. Threatened failure. ○ Low blood pressure and low pulse rate. ○ To stimulate the heart muscle.	CAFFEIN 200
● Low blood pressure on account of imperfect oxygenation. ○ Blood stagnates in the capillaries, causing blueness, coldness. Body becomes icy cold. ○ The patient craves for air. ○ Digestion very weak. Chronic acidity.	CARBO VEG 200
● Low blood pressure caused by exhausting discharge from any part of the body. Severe debility. ○ Irregular, weak but rapid heart-beats followed by strong heart-beats. ○ Anaemia and dropsy.	CHINA 200
● In chronic heart disease. Heart dilated. ○ Extreme breathlessness on least exertion. ○ An excellent heart tonic.	CRATAEGUS Mother tincture to be used over a long time. 15 drops, 4 times every day.
● Low blood pressure with feeble pulse. ○ Palpitation. Beats of heart distinctly felt in chest, throat and head.	PHYSOSTIGMA 30

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Blue

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Blue discoloration of skin. Cyanosis. ○ Palpitation, pain, breathlessness. ○ Pulse more rapid in the morning.	ARSENIC ALB 200
● Low blood pressure. Imperfect oxygenation. Cold, blue skin. ○ Chronic lack of appetite. Hence insufficient nutrition.	CARBO VEG 200

Bradycardia

A sensation of slow heart-beat. On aggravation, it can cause fainting or death. Generally athletes or older persons suffer from bradychardia.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pulse weak; quickened by least movement. Sudden sensation as if heart stood still. ○ Least movement causes violent palpitation. ○ Digitalis stimulates the heart, increases force of systole, increases its duration. Please see 'MYOCARDITIS' below.	DIGITALIS 30 Mother tincture for cardiac stimulation. 15 drops dose. Reduce dose as soon as pulse rate has been raised to 80 beats a minute and the normal rhythm has been partially or completely restored.

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent, burning pain in chest and stomach. Burning pain as of an ulcer. Followed by coldness of skin and cold sweat on forehead.	ACETIC ACID 30
● With constrictive, burning pain extending to chest. Hyperacidity. Burning ulceration.	CARBO VEG 200

Chest Pain

Chest pain must always be taken seriously. It can be the pain of angina pectoris or of indigestion. For further discussion, please refer to 'ANGINA PECTORIS' and 'BURNING' above and 'INDIGESTION' under 'THE DIGESTIVE SYSTEM'.

Constriction

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Heart constriction as from an iron band. ○ Angina pectoris with suffocation, cold sweat. ○ An ever-present iron band feeling. Pain shoots down left arm. Neck constricted as from a tight collar. ○ Acute congestion of head and chest.	CACTUS Mother tincture 10 drops in water every half an hour till condition stabilises. 30 potency for regular use.

Coronary Thrombosis (Myocardial Infarction)

While in angina pectoris which is caused by exertion, the pain passes off, the coronary thrombosis pain does not pass off. The symptoms include very severe pain across the front of the chest, spreading to left arm, sometimes both the arms, the neck and the jaw. The pain is constricting, gripping and comes on suddenly. It does not pass off with stoppage of movement. Mostly it comes on while the person is at rest.

The pain comes because there is an obstruction in the artery which supplies blood to the heart.

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The problem is caused by a blood clot forming in the coronary artery. The blood supply is reduced and the heart muscle is damaged.

Coronary thrombosis is the most common cause of heart attacks.

Coronary thrombosis is a serious problem and immediate medical help should be obtained. When the attack comes, the patient should be made to sit down or be seated properly supported in bed to reduce strain on the heart.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tightness, constriction after over-exertion or fatigue. Arnica relieves and heals affected lesion in the heart.	ARNICA 200
○ Patient morose, irritable, wants to be left alone. Experiences horror at night. Fears death.	
● Helps in the dissolution of a blood clot.	BORTHROPS 30
● Constriction in heart as if it were compressed or squeezed by a band. Constant pain in cardiac region with sensation as if heart were bound down or did not have room enough to beat or as if bolts were holding it.	CACTUS 30 For regular use. For emergency, mother tincture 10 drops in water every half an hour till condition stabilises.
○ Obstructed breathing. Cannot lie on left side. Face blue.	
○ Pulse quick, throbbing, tense and hard.	
○ Cactus moderates and regulates the action of the heart.	
● Acute coronary thrombosis. Terrible smothering feeling about heart. Constriction in the chest. Can bear no pressure on throat or chest. Awakens the sufferer from sleep and compels him to leave the bed.	LACHESIS 200
○ Numb feeling in the left arm.	
○ Marked aggravation in sleep.	
○ Chronic cases also.	
● Sensation as if the heart is grasped in a vice.	LILIUM TIGRINUM 200
○ Frequent sensation as if the heart stopped, followed by rush of blood to it. Violent palpitation.	
○ Pain dull, pressing, heavy as if the heart were forced to contract and dilate alternately.	
○ Pain going from left nipple through chest to back.	
○ Cold hands, cold feet, cold sweat.	
○ Worse by eating, no matter how little.	

Emergency

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute attack of angina pectoris.	ARNICA 1000
○ Severe pain in left arm, left elbow and the region of the heart.	
○ Pulse feeble and irregular.	
○ Spasmodic choking and suffocation.	
○ Distress in breathing.	
○ Patient must stay still till pain is relieved.	
● Angina pectoris with severe constriction, suffocation, cold sweat and pain shooting down left arm.	CACTUS mother tincture 10 drops in water every 30 minutes till condition stabilises.
○ Screams in pain.	
○ Face flushed red, turning blue.	
○ Crawling sensation in left arm.	
○ Violent palpitation.	
○ Low blood pressure.	
● Collapse with coldness of external surfaces. Sudden and complete prostration.	CAMPHOR mother tincture 10 drops on sugar every 15 minutes. Drops on kerchief for smelling.
○ An excellent heart stimulant for emergency use.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Arterial spasm. ○ Pallor. Collapse. Bluish skin. ○ Small, wiry pulse. ○ Anaemia of brain. Vertigo. ○ Temporary loss of consciousness. ○ For palliative purposes in emergency.	GLONOINE Mother tincture 15 drops dose every few minutes
● Acute heart attack. ○ Violent palpitation. ○ Loss of breath. ○ Pulse weak and irregular. ○ Neuralgia extending to left arm or both arms.	SPIGELIA 200

Endocarditis

A bacterial infection with inflammation of the lining of the heart cavity and of the heart valves. It can be acute or chronic.

In case of an acute infection, there is a sudden rise in temperature; the fever goes high. There are signs of heart failure.

In chronic endocarditis, the symptoms are more certain. There is general ache and pain in the body. Poor appetite and weight loss. Low-grade fevers. Night sweats. The problem is rare but very serious. Expert medical advice ought to be obtained.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High temperature. ○ Congestion of both heart and lungs. ○ Palpitation with anxiety, cardiac oppression, and syncope, that is, brief loss of consciousness in transient cerebral anaemia or heart block or sudden lowering of blood pressure.	ACONITE 30
● Constriction severe. ○ Cardiac insufficiency. Obstructed breathing. Face blue. ○ Pulse quick, throbbing, tense and hard. ○ Endocardial murmurs. ○ An excellent medicine for most of the problems which affect the heart.	CACTUS 30
● Endocarditis accompanied by rheumatism of joints with shifting pain. ○ Pain in heart region so sharp as to take away the breath. Shooting pain through chest, above heart and into shoulder blades. ○ Tumultuous action of the heart. Fast pulse. ○ Better sitting erect. ○ Worse bent over, lying left side.	KALMIA LAT 30
● Palpitation. Gasping for breath. ○ Stitching pain in the region of the heart. Angina pain extending to nape of neck, left shoulder and arm with anxiety and fear of death. ○ Threatened paralysis of heart. Body cold. Pulse slow, weak, irregular, tremulous. ○ Damaged heart after infectious diseases. ○ Great depression of spirits. Extreme languor. ○ Acute and chronic endocarditis. ○ Better walking in open air.	NAJA TRIPUDIANS 30

Heart Failure

Inability of the heart to fulfil the pumping demands and thus to maintain circulation of blood sufficient to meet the needs of the body. It can be caused either by the weakness of the heart muscle or by reduction in the amount of blood supplied to the heart for any reason.

Heart failure whether taking place over a period of time or suddenly is a

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matter for concern. In the latter case, the patient can suffer a shock and consequent collapse.

Persons who suffer from failure of the heart experience increasing breathlessness. There is wheezing as in an attack of asthma, persistent cough and swelling in the feet and ankles.

Heart failure is a problem which requires expert attention. Symptomatic treatment indicated in this chapter would, however, be of great help.

For medicines please refer 'EMERGENCY', 'TONIC' and titles of symptoms as observed in the patient.

Hypertension

Please refer 'BLOOD PRESSURE–HIGH/HYPERTENSION' above.

Inflammation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of the middle and the thickest layer of the heart valve. Myocarditis. Fatty degeneration. ○ Senile heart. ○ Chronic aortitis.	ARSENIC IOD 30
● Acute or chronic inflammation of the heart. ○ Palpitation. Irregular beat. ○ Constriction. ○ Swelling on left hand, left leg, left foot. Numbness in left arm.	CACTUS mother tincture 10 drops in water 4 times a day.
● Inflammation of sac that forms the outer covering of heart. ○ Endocarditis. ○ Pericarditis.	CANNABIS SAT 30

Myocardial Infarction

Death of a part of the heart muscle on account of coronary thrombosis.

For medicines please refer 'CORONARY THROMBOSIS (MYOCARDIAL INFARCTION)' above.

Myocarditis

An acute inflammation of the heart muscle leading to palpitation, difficulty in breathing, pain in the chest. Sometimes myocarditis damages the heart muscle for good.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Myocarditis. ○ Senile heart. ○ Fatty degeneration. ○ Chronic weakness of the heart muscle. Irregular fluttering with a tendency to faint. ○ Difficulty in breathing on going upstairs. ○ Severe pain in cardiac region going through to back.	ARSENIC IOD 30
● Weakness and dilation of myocardium, that is, the muscle of the heart. ○ Inflammation of the heart muscle. Sudden. ○ Pulse weak, irregular, abnormally slow. Quickened by least movement. ○ Sensation as if the heart would stop beating if the patient moved. Spasmodic but incomplete contractions. ○ Heavy breathing, worse by lying.	DIGITALIS 30 Mother tincture in acute attack to stabilise condition. 15 drops dose on sugar or bread every 30 minutes. Reduce dose as soon as pulse has stabilised at 80 beats a minute and normal rhythm fully or partially

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Lassitude, faintness and exhaustion during a mild illness like a cold or influenza.	restored. Nothing liquid should be taken for 20 minutes before or after administration of Digitalis mother tincture.
○ Extreme prostration. Cardiac failure following fever.	
○ Irritable. Taciturn. Full of gloomy apprehension.	
○ Dropsy of external and internal parts.	
○ Better when perfectly still.	
○ Worse on least movement, even lifting an arm.	

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent burning pain in chest and stomach followed by coldness of skin, cold sweat on forehead.	ACETIC ACID 30
○ Palpitation.	
○ Face pale, waxen, emaciated. Eyes sunken, surrounded by dark rings. Profound anaemia.	
○ Weak heart.	
● Angina pectoris.	AMYL NITRO mother tincture, to be inhaled by putting drops on a kerchief. An emergency medicine.
○ Palpitations.	
● Angina pectoris. First aid remedy.	ARNICA 200, 1000
○ Severe pain in elbow of the left arm. Stitches in the region of the heart.	
○ Pulse feeble and irregular. Breathing distressed.	
○ Patient must stay immobile till pain subsides.	
● Angina pectoris with constriction as of an iron band. Suffocation.	CACTUS mother tincture 10 drops in water every 30 minutes till condition stabilises.
○ Pain shooting down left arm. Violent clutching pain.	
○ Cold sweat.	
○ Face blue. Lips blue. Left arm numb.	
● Emergency remedy in angina pectoris.	GLONOINE mother tincture. 5 drops on sugar to be given repeatedly.
○ Pulse small, wiry.	
○ Pallor.	
○ Collapse.	
○ Anaemia of the brain.	
● Rheumatic soreness in cardiac region.	LITHIUM CARB 30
○ Throbbing, dull stitches in the region of the heart, extending to back.	
○ Sudden shock in the heart.	
○ Pain in heart before menses; with pain in bladder and before urinating.	
● Angina pectoris; heart symptom with loss of voice.	OXALIC ACID 30
○ Sharp, lancinating pain in the left lung, coming on suddenly, depriving the patient of breath.	
● Pain in right side of the breast. Sticking pain near sternum, extending to back and near shoulders.	PHELLANDRIUM 30
○ Cough with profuse, foul smelling expectoration.	
● Shock of pain in cardiac region alternating with pain in the right arm.	PHYTOLACCA 30
● Pericarditis, that is, inflammation of the sac covering the heart, with stitching pain. Violent palpitation - frequent attacks of.	SPIGELIA 200
○ Acute heart attack.	
● Patient awakens suddenly after midnight with pain and suffocation. Surging of heart into chest as if it would force out upwards.	SPONGIA 200
● Angina pectoris.	TABACUM 30
○ Pain caused by shock or violent physical exertion. Pulse imperceptible. Acute dilation.	
● Severe heart pain with abnormally rapid heart rate.	THYROYDINUM 30
○ Tachycardia.	

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Palpitation

Disagreeable awareness of the heart-beat to person concerned.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Palpitation with distension of stomach.	ABIES CAN 30
● Violent palpitation reverberating in head.	BELLADONNA 200
○ Palpitation from least exertion.	
● Violent palpitation. Weak heart. Pulse feeble, irregular, quick, without strength.	CACTUS mother tincture
○ Low blood pressure.	
● Palpitation with dyspnoea or breathlessness while climbing a mountain.	COCA 30
● Palpitation from nervous irritation. Heart action tumultuous and forcible.	LYCOPUS VIRG 30
○ High blood pressure.	
● Palpitation with coldness of heart and constriction. Very rapid heart-beat. In anaemic persons.	NAT MUR 200
● Acute. Violent. So violent as to be visible through clothes. Sound audible to others nearby. The whole chest shakes. An excellent remedy.	SPIGELIA 200
● Palpitation with irregular and rapid pulse.	VERATRUM ALB 200
○ One of the best heart stimulants.	

Pericarditis

An inflammation of the sac surrounding the heart. The pain is like that of coronary thrombosis. Terrible breathlessness. Swelling in abdomen and the ankles.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constrictive pericarditis with tenderness in the abdomen and swelling of ankles.	BRYONIA 200
○ Stitching pain in chest.	
○ Strong pulse.	
○ Better when perfectly still.	
○ Worse on least motion.	
● Pericarditis in acute rheumatic cases. Violent cutting and stinging pain in the chest.	COLCHICUM 30
○ Very difficult breathing. Tightness in the chest.	
○ Palpitation.	
○ Vertigo; at times loss of consciousness on sitting upright.	
○ Pulse thread-like, imperceptible.	
● Please see 'MYOCARDITIS' above for the symptoms of Digitalis.	DIGITALIS 30 and mother tincture.
● Please refer 'KALMIA LAT 30' under 'ENDOCARDITIS' above.	KALMIA LAT 30
● Rheumatic pericarditis.	SPIGELIA 200
○ Pericarditis with sticking pain.	
○ Violent palpitation. Frequent attacks.	
○ Acute heart attack. Sharp pain shooting through heart to back or radiating from the heart down the arm, down the spine.	
○ Worse by sitting down or leaning forward.	

Pulse Rapid/Slow

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Abnormal rapid beating of the pulse or tachycardia.	ABIES NIGRA 200
● Abnormal rapid beating of the pulse. Tachycardia.	ACONITE NAP 30
○ Patient is full of fear, anxiety.	
○ Numbness and crawling in fingers.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Lassitude, faintness and exhaustion during a mild illness like a cold or influenza.	restored. Nothing liquid should be taken for 20 minutes before or after administration of Digitalis mother tincture.
○ Extreme prostration. Cardiac failure following fever.	
○ Irritable. Taciturn. Full of gloomy apprehension.	
○ Dropsy of external and internal parts.	
○ Better when perfectly still.	
○ Worse on least movement, even lifting an arm.	

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent burning pain in chest and stomach followed by coldness of skin, cold sweat on forehead.	ACETIC ACID 30
○ Palpitation.	
○ Face pale, waxen, emaciated. Eyes sunken, surrounded by dark rings. Profound anaemia.	
○ Weak heart.	
● Angina pectoris.	AMYL NITRO mother tincture, to be inhaled by putting drops on a kerchief. An emergency medicine.
○ Palpitations.	
● Angina pectoris. First aid remedy.	ARNICA 200, 1000
○ Severe pain in elbow of the left arm. Stitches in the region of the heart.	
○ Pulse feeble and irregular. Breathing distressed.	
○ Patient must stay immobile till pain subsides.	
● Angina pectoris with constriction as of an iron band. Suffocation.	CACTUS mother tincture 10 drops in water every 30 minutes till condition stabilises.
○ Pain shooting down left arm. Violent clutching pain.	
○ Cold sweat.	
○ Face blue. Lips blue. Left arm numb.	
● Emergency remedy in angina pectoris.	GLONOINE mother tincture. 5 drops on sugar to be given repeatedly.
○ Pulse small, wiry.	
○ Pallor.	
○ Collapse.	
○ Anaemia of the brain.	
● Rheumatic soreness in cardiac region.	LITHIUM CARB 30
○ Throbbing, dull stitches in the region of the heart, extending to back.	
○ Sudden shock in the heart.	
○ Pain in heart before menses; with pain in bladder and before urinating.	
● Angina pectoris; heart symptom with loss of voice.	OXALIC ACID 30
○ Sharp, lancinating pain in the left lung, coming on suddenly, depriving the patient of breath.	
● Pain in right side of the breast. Sticking pain near sternum, extending to back and near shoulders.	PHELLANDRIUM 30
○ Cough with profuse, foul smelling expectoration.	
● Shock of pain in cardiac region alternating with pain in the right arm.	PHYTOLACCA 30
● Pericarditis, that is, inflammation of the sac covering the heart, with stitching pain. Violent palpitation - frequent attacks of.	SPIGELIA 200
○ Acute heart attack.	
● Patient awakens suddenly after midnight with pain and suffocation. Surging of heart into chest as if it would force out upwards.	SPONGIA 200
● Angina pectoris.	TABACUM 30
○ Pain caused by shock or violent physical exertion. Pulse imperceptible. Acute dilation.	
● Severe heart pain with abnormally rapid heart rate.	THYROYDINUM 30
○ Tachycardia.	

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Palpitation

Disagreeable awareness of the heart-beat to person concerned.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Palpitation with distension of stomach.	ABIES CAN 30
● Violent palpitation reverberating in head.	BELLADONNA 200
○ Palpitation from least exertion.	
● Violent palpitation. Weak heart. Pulse feeble, irregular, quick, without strength.	CACTUS mother tincture
○ Low blood pressure.	
● Palpitation with dyspnoea or breathlessness while climbing a mountain.	COCA 30
● Palpitation from nervous irritation. Heart action tumultuous and forcible.	LYCOPUS VIRG 30
○ High blood pressure.	
● Palpitation with coldness of heart and constriction. Very rapid heart-beat. In anaemic persons.	NAT MUR 200
● Acute. Violent. So violent as to be visible through clothes. Sound audible to others nearby. The whole chest shakes. An excellent remedy.	SPIGELIA 200
● Palpitation with irregular and rapid pulse.	VERATRUM ALB 200
○ One of the best heart stimulants.	

Pericarditis

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○ Strong pulse.	
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● Pericarditis in acute rheumatic cases. Violent cutting and stinging pain in the chest.	COLCHICUM 30
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Pulse Rapid/Slow

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Abnormal rapid beating of the pulse or tachycardia.	ABIES NIGRA 200
● Abnormal rapid beating of the pulse. Tachycardia.	ACONITE NAP 30
○ Patient is full of fear, anxiety.	
○ Numbness and crawling in fingers.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Infection of lining of the heart cavity with violent and rapid action. Irregular pulse. ○ Palpitation. ○ Constrictive pain in heart. ○ Left arm numb. Left arm, left leg, left foot swollen.	CACTUS 30
● Very slow pulse. ○ Slow pulse alternating with quick pulse. ○ Dilated, tired heart. Weak heart. Irregular breathing. ○ Cardiac failure following cardiac dropsy. ○ Blue lips and tongue. ○ Blueness of the skin.	DIGITALIS Mother tincture 15 drops on sugar or bread. Reduce dose as soon as pulse becomes normal or almost normal.
● Slow pulse and rapid pulse alternating. ● Abnormally rapid heart-beat. Tachycardia. ○ Palpitation with great fluttering. ○ Constriction. ○ Coldness of heart. ○ Anaemia.	MORPHINUM 30 NAT MUR 200
● Acute dilation caused by shock or violent physical exertion. Angina pain. ● Pulse irregular but rapid. ○ Stimulates the heart.	TABACUM 30 VERATRUM ALB 200

Tachycardia

Abnormally rapid beating of the pulse.

For medicines please see 'PULSE RAPID/SLOW' above.

Tonic

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic heart disease. Heart dilated. ○ Extreme breathlessness on least exertion.	CRATAEGUS Mother tincture should be used over a long time. 10 drops 4 times a day, in water.
● Cardiac tonic. Useful in weak hearts. ○ Very slow pulse. Irregular. ○ Skin blue. Lips blue. ○ Dropsy of brain, lungs, abdomen, in heart problems. Swelling of feet. ○ Numbness of fingers. Hands, feet cold.	DIGITALIS 30

A sound heart is the life of the flesh.

PROVERBS XIV

The heart is the most noble of all members of our body.

St. John Chrysotom

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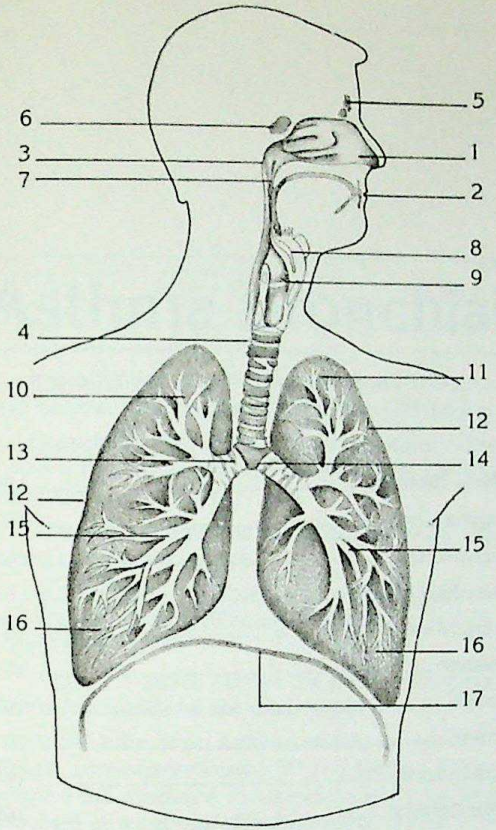

1. Nasal cavity
2. Mouth
3. Pharynx
4. Trachea
5. Frontal sinus
6. Sphenoidal sinus
7. Tonsils
8. Larynx
9. Vocal cords
10. Right lung
11. Left lung
12. Pleura
13. Right principal bronchus
14. Left principal bronchus
15. Bronchi
16. Respiratory bronchiole
17. Diaphragm

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THE RESPIRATORY SYSTEM

The human body would not survive without a supply of sufficient oxygen which, in turn, helps produce energy needed by the body for its various activities. In this process carbon-dioxide is produced. The body must get rid of this. The respiratory system performs these functions, of the intake of air rich in oxygen and the exhaling of carbon-dioxide.

The transformation of oxygen into energy takes place via its absorption into the blood-stream. This function is performed by the lungs which are the centre of the respiratory system.

The air is breathed into and out of the lungs through a passage consisting of the nose, the throat and the wind-pipe (the trachea). The nose and the throat have been separately described elsewhere. The wind-pipe divides into 2 bronchi, one going to each lung. The left bronchus and the right bronchus sub-divide into increasingly smaller bronchioles which end in small cavities shaped like balloons known as alveoli. In the thin walls of the alveoli occurs the exchange of oxygen for carbon-dioxide through extremely tiny blood vessels. Each lung has 250 million alveoli.

The air being breathed in is purified by the nose. This filtered air passes through the throat (the pharynx) and moves on into the larynx and onward into the wind-pipe.

The lungs are surrounded by membranes known as the pleura. These membranes are moist. They allow the lungs to move freely for their proper functioning. Below the lungs there is a partition wall known as the diaphragm. When we breathe,the diaphragm contracts, the space in the chest is increased and the lungs expand.

The stronger the action of the rib muscles and the diaphragm the greater the air which enters the lungs. Further, the greater the quantity of carbon-dioxide which has to be expelled from the blood-stream, the faster is the rate of breathing in and out. On breathing out the muscles of the chest and the diaphragm relax. The rib cage sinks and the lungs contract. The air is squeezed out.

The air being breathed out has traces of carbon dioxide. This is useful in mouth to mouth respiration in emergencies.

The respiratory system is subject to attack by hundreds of organisms, either bacteria or viruses. The disorders are mainly known either by the part of the system affected or through their symptoms. Babies under six months can suffer serious disorders of the respiratory system. So do very weak and elderly people who can suffer from acute bronchitis or pneumonia. Smokers form another group who run a serious risk unnecessarily. Giving up smoking can reduce and prevent a lot of respiratory problems.

Any respiratory illness makes the body weak. It is, therefore, necessary that anyone who has been through a respiratory problem should take up heavy work only after some time. This would reduce the chances of the infection travelling into the lungs.

The common cold and sinusitis are disorders of the respiratory system. These have been discussed elsewhere. Following the homoeopathic practice, the symptoms which have been discussed in this chapter relate mainly to difficulties associated with the lungs and their components; cough, inflammation of the pleura and so on.

Problems relating to the throat and its parts have been discussed in the relevant chapter.

It goes without saying that breathing in fresh clean air and taking regular exercise keep the respiratory system in good order. As pointed out above, smoking which leads to lung cancer is one of the most obnoxious habits inculcated by mankind. No words are strong enough to condemn this habit. Further, environmental pollution today is playing havoc with the respiratory system of all living beings. In this the main culprits are factory smoke and automobile exhausts. It is difficult to say when modern civilization would be able to cope up and fight these dangerous phenomena, by-products of the technology which is the very foundation of its economic well-being.

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THE RESPIRATORY SYSTEM

Athma Bronchial 159
Asthma Cardiac 160
Bronchiolitis 160
Bronchitis Acute 161
Bronchitis Chronic 162
Children 162
Cough 162
Croup 163
Emphysema 164
Expectoration 165
Hoarseness 165
Infants/Children 165
Lung Cancer 166
Old People 166
Pain 166
Paralysis of Lungs 167
Pleurisy 167
Pneumonia 167
Suffocation 168
Swelling 168
Tickling 168
Tuberculosis 168
Voice Lost/Hoarseness 169
Wheezing 169
Whooping Cough 169

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Asthma Bronchial

It is a lung problem in which small bronchial passages become swollen and narrow. This results in breathing difficulty and wheezing.

Bronchial asthma is purely a respiratory disease. It is not to be mixed with cardiac asthma which affects patients with heart disease and which is more serious.

The main symptoms are tightness in the chest, difficult cough, wheezing sounds on breathing out.

At times skin may turn blue and the pulse may become fast. In babies and young children difficulty in breathing results in the lower ribs being drawn inwards.

When the attack comes the problem appears to be very serious. But deaths from asthma are uncommon.

At the time of an asthma attack, in order to ease the distress of the patient, administer Aconite 30 and Ipecac 30 alternately, every 15 minutes. Dissolve the medicine in lukewarm water for better results. Twenty pills dissolved in a tea-cup should provide enough medicine for 2 hours. The liquid dose may be kept in the mouth for a few seconds and then gulped.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sudden, violent attack. ○ Stitches through chest. ○ Constant pressure in the chest. ○ Hoarse, dry, croupy cough. ○ Restlessness. Fear. Fear of death. ○ Better in open air. ○ Worse at midnight. ○ Worse in a warm room, lying on affected side. Worse from dry cold wind; from tobacco smoke.	ACONITE NAP 30 An excellent first remedy. Alternate with Ipecac 30, every 15 minutes, in acute attack till the attack subsides.
● Lungs full of mucus. Coarse rattling. Unable to take mucus out.	ANTIM TART 200, 1000
● Asthma severe at night. After midnight attacks. ○ Breathing laborious, oppressed. Must sit up to breathe. ○ Terrible wheezing. ○ Frothy expectoration. ○ Burning feeling in the chest. ○ Extreme agitation, moaning and restlessness. ○ Great exhaustion; anguish as if at the point of death. ○ Cold perspiration. ○ Asthma following pneumonia. ○ Chronic lung troubles.	ARSENIC ALB 200
● Humid asthma. Bubbling rales. Oppression in breathing. ○ Expectoration full of pus and mucus. ○ Lungs of old people, with chronic catarrhal condition and enfeebled pulmonary circulation.	BACILLINUM 200
● Violent spasm of asthmatic breathing attended by constriction of chest and of throat. Feels as if the patient would suffocate. Moaning at every breath. ○ Sudden attack. ○ Oppressed respiration, quick, unequal. ○ Loss of voice. Pain in larynx.	BELLADONNA 200
● Extreme dyspnoea. Breathlessness. ○ Chest very sensitive to touch, percussion or pressure.	CALC CARB 30
● Asthma of old age. No strength in the body. ○ Skin blue. Imperfect oxygenation. ○ Appetite lost. Acidity. Indigestion.	CARBO VEG 200
● Spasmodic asthma alternating with spasmodic vomiting. Spasm and constriction in chest. ○ Face turns blue; eyes turn up; fingers and nails lose colour. Cramped fingers.	CUP MET 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Attack in wet cold weather. Loose cough. Rattling mucus.	DULCAMARA 200
● Acute or chronic asthma. ○ Before mucus is formed or after. ○ Nausea ever-present. ○ Constriction. ○ Wheezing severe. ○ Incessant, violent cough. ○ Phlegm does not yield to cough. ○ At times lungs haemorrhage. ○ Loss of voice complete.	IPECAC 200 In acute attack alternate Aconite 30 and Ipecac 30 till attack is under control. Later Ipecac can be continued as the main medicine to obtain relief.
● With sudden flushes of heat, orgasm of blood. ○ Threatened paralysis of lungs. ○ Must loosen clothes to prevent suffocation. Severe constriction of chest, of respiratory system. ○ Cold sweat.	LACHESIS 200
● Bronchial asthma with yellow expectoration. ○ Rattling of mucus in chest.	KALI SULF 30
● Asthma in nervous patients. ○ Asthmatic attack excited by anger or emotion. ○ In patients who are always catching cold, are easily tired and exhausted. ○ Burning sensation in the oesophagus. ○ Aggravation from 4 to 8 P.M.	LYCOPODIUM 200

Asthma Cardiac

Older patients with a history of serious heart disease can get attacks of cardiac asthma at night.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● An excellent palliative in cases of cardiac asthma. ○ Palpitation with anxiety. ○ Patient may be suffering from high blood pressure. Anxiety, irrational fear, fear of death. ○ Oppressed breathing on least motion. ○ Numbness and tingling in fingers. ○ Worse at midnight and after midnight. Worse in a warm room. Worse cold drinks.	ACONITE 30 First aid as described under ASTHMA BRONCHIAL.
● Specific for cardiac asthma. Stimulates the respiratory centres and increases oxygen absortion in the blood. ○ The guiding symptom is want of breath during exertion.	ASPIDOSPERMA Mother tincture 10 drops every hour.
● Asthma with high blood pressure. The pulse is full and hard. ○ Black spots before the eyes. ○ Deep-sounding rales in the chest.	BARYTA CARB 200
● Very useful for old asthmatic patients with high blood pressure. ○ The patient is unable to take out phlegm. The cough is suffocating. ○ Worse by every change of weather.	BARYTA MUR 200
● In cases of weak heart and asthma. ○ Shortness of breath; a constant desire to breathe deeply. ○ Sudden sensation as if the heart stood still. The pulse is weak but is quickened by least movement. ○ Cases of chronic bronchitis and weak heart.	DIGITALIS 200

Bronchiolitis

A viral respiratory infection affecting very young infants, mostly in winter. The infection starts with cough or cold and spreads to the small air tubes

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deep in the lungs. Mucus and pus congest the lungs. Later on there is difficulty in breathing. The child breathes rapidly.The lower ribs and the upper abdomen of the child are sucked in with each breath. The skin of the child turns pale or blue.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute, sudden and violent attack. ○ Oppressed breathing on least motion. Lower ribs sucked in. Violent cough. ○ Child physically and mentally restless. ○ Worse at night and after midnight.	ACONITE NAP 30 For quick relief. Repeat dose every 15 or 30 minutes to control the attack.
● Pus formed in the lungs or in pleural cavities.	CALCAREA SULPH 30
● Short breaths. Rapid breathing. The baby looks pale or turns blue. ○ Wheezing cough. Constant constriction in the chest. ○ Restlessness and irritability. ○ Acute attack or a chronic case.	IPECAC 200
● Shortness of breath and a sensation of suffocation. ○ Hard, dry cough during sleep in children.	TUBERCULINUM 200

Bronchitis Acute

A sudden inflammation of the bronchi, the larger air passages leading to the lungs. There is hacking and dry cough, gradually becoming loose with production of mucus which may be yellow or greenish. There is a sensation of pain just below the ribs when the patient coughs.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Rattling of mucus. Rattling heard across the room. White sputum. ○ Very difficult expectoration. ○ Great prostration while coughing. ○ Impending paralysis of lungs.	ANTIM TART 200
● Dry, hacking cough; stitches in chest, in centre of ribs. Sensation as if the chest would fly to pieces. Infection of trachea and of lungs. ○ Little or no expectoration. ○ Worse on least movement. Worse after eating or drinking. ○ Usually the first remedy.	BRYONIA 200 A dose of 10 globules dissolved in half a tea-cup of luke-warm water, sipped slowly, repeated every four hours, brings early relief.
● With suffocative catarrh. Rattling in chest. ○ Violent cough after every meal. ○ Debility. ○ Bronchitis following influenza.	CHINA 200
● Bronchitis with nausea. ○ Terrible wheezing. ○ Violent dyspnoea. Difficult breathing. Weight on chest. ○ Bubbling rales. Bleeding from lungs. ○ Face pale; eyes sunken, with blue margins. ○ Acute bronchitis in infants. Coarse rattling. Wheezing. Pain below the ribs. Bad cold ends in chest. ○ Use Antim Tart 200, alternating, as well in case phlegm does not yield. ○ Wheezing and nausea are leading indications for Ipecac.	IPECAC 200
● Rattling of mucus in chest. Bronchial asthma.	KALI SULPH 30
● Bronchitis with profuse expectoration which is thick, ropy and greenish. ○ Chest feels all gone. Constant desire to take deep long breath. Must hold chest when coughing.	NATRUM SULPH 200
● Rattling breathing with deep snoring.	OPIUM 200
● Bronchitis with bland, thick, green, yellow expectoration. ○ Alternate with Bryonia 200.	PULSATILLA 30

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Bronchitis Chronic

This is a long-drawn trouble with virtually an irreversible process of deterioration. The bronchial tubes get narrowed. The delicate air-sacs of the lungs are destroyed. Blood does not get enough supply of oxygen. Chronic bronchitis may lead to heart failure.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic bronchitis where old cold has fastened itself upon the bronchial tubes. Attacks of hard, croupy cough with wheezing. ○ Inability to raise sputum. ○ Specially suited to aged and weak patients. ○ Pneumonia and bronchitis. ○ Loss of strength and appetite.	ANTIMONIUM JODAT 200
● The patient cannot take out phlegm although it is there in abudance. Rattling of mucus in lungs can be heard across the room. ○ Death rattle.	ANTIMONY TART 200, 1000
● Chronic bronchitis. ○ Pneumonia that fails to clear up.	ARSENIC IOD 30
● Chronic bronchitis symptoms with cough and increasing breathlessness. ○ Mucus white and frothy or thick, ropy, greenish.	NATRUM SULPH 200
● Burning sensation in the chest. Heat throughout chest. ○ Difficult respiration. Feeling of oppression. Wants windows open. ○ Greenish, purulent, sweetish expectoration. Much rattling of mucus. ○ Worse morning.	SULPHUR 200 One dose every day besides other indicated remedies.

Children

Please refer 'INFANTS/CHILDREN' below.

Cough

Cough is a symptom of some disease, usually of a respiratory nature.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dry, hoarse, croupy cough. ○ On exposure to dry cold air or otherwise. ○ Sudden aggravation. ○ Worse at night, after midnight.	ACONITE NAP 30
● Hacking cough on taking cold air. Pain into ears. ○ Whooping cough with flatulence, vomit.	ALLIUM CEPA 200
● Dry hacking cough after every cold.	AMM CARB 30
● Violent, spasmodic cough, with facial herpes.	ARNICA 200
● Tickling, short, dry cough, worse at night. ○ Larynx very painful. ○ Violent, sudden onset. Face turns red.	BELLADONNA 200
● Hacking cough arising from upper trachea which is dry. Must sit up. ○ Cough with stitches in chest. Feeling as if chest would fly to pieces. Pain in centre of rib cage. ○ Little or no expectoration. ○ Bronchitis.	BRYONIA 200
● Loose cough, with expectoration of large pieces like casts of bronchial tube. ○ Difficult breathing. ○ Better bending backwards.	CALC ACETICA 30
● Whooping cough attacks ending with white tough mucus. ○ Feeling of being strangled. ○ Tickling in larynx. ○ Chronic bronchitis.	COCCUS CACTI 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Whooping cough attacks ending in catalepsy. Face turns blue. Eyes turn up. Fingers, nails lose colour. Clenched thumbs; cramped fingers.	CUP MET 200
● Main remedy for whooping cough.	DROSERA 200
○ Whooping cough. Spasmodic, dry irritating. Paroxysms, one following another very rapidly. Cough deep and hoarse.	
○ Mucus yellow. Bleeding from nose and mouth.	
○ Retching.	
○ Worse after midnight.	
● Cough with nausea.	IPECAC 200
○ Whooping cough with nausea. Vomits all food. Red face. Spasms.	Use Antim Tart 200 to get phlegm out if Ipecac fails. But first use Ipecac in acute cough which comes suddenly and when nausea is present.
○ Terrible wheezing.	
○ Incessant and violent cough with every breath. Phlegm does not yield to coughing.	
● Metallic, hacking cough. Brassy sound in catarrhal cough in laryngitis.	KALI BI 200
○ Ropy, green mucus down the throat. Difficult to take out.	
● Dry cough in the evenings and at night. Must sit up for relief. Loose cough in the morning with thick, copious, green and bland expectoration.	PULSATILLA 30
○ Pressure up the chest. Soreness in chest.	
● Violent cough with thick, yellow lumps coming out.	SILICEA 200
○ Colds fail to yield.	
○ Chronic cases.	
● Cough which is dry, barking, croupy.	SPONGIA TOSTA 30
○ Abates after eating or drinking, particularly taking warm drinks.	
○ Hoarseness. Larynx constricted, dry, burning.	
● Cough with sneezing.	SQUILLA 30
○ Broncho-pneumonia.	

Croup

By and large infants and children between 6 months and 3 years suffer from croup. Viruses infect the upper respiratory tract. There is acute inflammation and swelling in the region of the vocal cords, mainly in the larynx.

Breathing is noisy. A croaking sound is produced. The voice becomes hoarse. Cough is hoarse and barking. The chest wall is drawn inwards with each breath. Temperature rises above 38° C (101°F).

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sudden, dry, hoarse, croupy cough. On exposure to dry cold wind.	ACONITE 30
○ High fever. Dry skin.	
○ Child aroused from sleep by long, suffocating attacks.	
○ Every expiration of breath ends with coarse, hacking cough.	
○ Fear of being choked to death. Anxiety. Restlessness.	
○ Better in open air.	
○ Worse in warm room, in evenings and night, lying on affected side.	
● Severe form of catarrhal croup.	ANTIM TART 200
○ Gasping for breath at the beginning of every coughing spell.	
○ Rattling mucus choking the lungs; but no expectoration. Cannot take it out.	
○ Threatened paralysis of the lungs.	
○ Face cold, bluish, covered with cold sweat. Prostration and collapse.	
○ Pulse rapid, weak, trembling.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Difficult breathing, wheezing. Complete insensibility. No cough or muffled cough.	CARBO VEG 200
○ Face blue. Pulse slow, intermittent.	
○ Constant anguish and restlessness.	
○ Highest grade of croup.	
● Rattling, choking cough. The child chokes with every coughing spell; has to sit up and bend the head back. Least exposure causes a spell of croupy coughing.	HEPAR SULPH 200
○ Frequent attacks.	
○ Cannot get rid of rattling mucus but can breathe without discomfort.	
○ Profuse, sour sweat before midnight.	
○ Worse early morning.	
● Catarrhal croup.	IPECAC 200
○ Evening cough with convulsions, wheezing.	
○ Spasmodic cough. Constriction; danger of suffocation.	
○ Nausea and vomiting.	
○ Worse from least motion.	
● Gradual and insidious onset of croup.	KALI BI 200
○ Cough hoarse, metallic with loud mucus rales.	
○ Tough stringy mucus. Difficult to take out.	
○ Shortness of breath.	
○ Wheezing.	
○ Better in the warmth of the bed.	
○ Aggravation towards 3 A.M.	
○ Worse undressing.	

Emphysema

A chronic lung disease in which there is a progressive loss of lung elasticity. The tiny air-sacs in the lungs get inflated and distended. The walls of the air-sacs become thin and rupture.

The patient experiences difficulty in breathing and in exhaling. He suffers from cough which can sound either dry or wet. His chest shapes into a barrel. He turns blue with exertion. Loses weight.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Lack of tone or strength of bronchial tubes.	AMMONIUM CARB 30
○ Asthmatic oppression of breathing.	
○ Coughs and coughs.	
○ Faints from effort to breathe.	
○ Stitching pain in the chest.	
○ Great accumulation of mucus in lungs. Not easily raised.	
○ Pulmonary oedema.	
○ Worse 3 to 4 A.M.	
● Suffers from the greatest difficulty in breathing. Suffocation.	ARSENIC ALB 200
○ Chest tight as if bound by a hoop.	
○ Burning in the chest.	
○ Face turning blue. Cold perspiration.	
○ Great anxiety and restlessness.	
○ Better from heat, warm drinks, head elevated.	
○ Worse wet weather, after midnight, from cold, cold food, cold drinks.	
● Often after Arsenic Alb, in neglected, chronic bronchitis with emphysema. Cough spasmodic, violent.	CARBO VEG 200
○ Total breathlessness.	
○ Threatened paralysis of the lungs.	
○ Cold hands, cold feet, cold breath. Skin blue.	
○ Watery, copious expectoration.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dry spasmodic cough in old persons.	IPECAC 200
○ Lungs full of mucus which is difficult to expectorate. Expectoration, if any, gives temporary relief.	
○ Difficult inspiration and expiration.	
○ Wheezing.	
○ Nausea.	

Expectoration

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Little balls of mucus with cough which ends in a sneeze.	AGARICUS 200
● Very difficult expectoration although bronchial tubes are overloaded with mucus.	ANTIM TART 200
○ Rattling heard across the room. Death rattle.	
○ White mucus.	
○ In old or young.	
○ Pulse rapid, weak and trembling.	
● Expectoration full of pus in humid asthma.	BACILLIUM 200
● Expectoration of large pieces of casts of bronchial tubes. Loose cough.	CALC ACETICA 30
● Green, purulent expectoration, with fever.	CALC IOD 30
○ Chronic cough.	
○ Pneumonia. High fever.	
● White or yellow, thick, lumpy secretions from lungs. Pus forms in lungs or pleural cavities.	CALC SULPH 30
● White, tough mucus.	COCCUS CACTI 30
○ Strangling attacks of whooping cough.	
○ Chronic bronchitis.	
● Pure blood expectoration in pneumonia.	FERRUM PHOS 30
● Pure blood from lungs. Spitting of blood while coughing.	MILLEFOLIUM 200
● Bleeding from lungs with nausea. In bronchitis. In asthma.	IPECAC 200
○ Wheezing.	
● Profuse yellow/green expectoration, very glutinous and sticky. Coming out in a long, stringy and tenacious mass with unimaginable difficulty.	KALI BI 200
● Yellow expectoration in bronchial asthma.	KALI SULPH 30
● Expectoration thick, yellow/green, bland with loose cough in the morning.	PULSATILLA 30
● Thick, yellow, lumpy with violent cough.	SILICEA 200
● Thick but easy expectoration. Profuse bronchorrhoea.	TUBERCULINUM 200
○ Hard hacking cough. Rales all over chest.	
○ Profuse sweating.	
○ Loss of weight.	
○ In tuberculosis.	

Hoarseness

Please refer 'VOICE LOST/HOARSENESS' below. Also 'HOARSENESS' under 'THE THROAT.'

Infants/Children

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Croup. Dry, croupy cough of the child.	ACONITE NAP 30
○ Awakens frightened. Restless. Full of fear.	
○ Acute attack.	
○ Exposure to dry cold air.	
○ Midnight aggravation.	
● Failure to expectorate mucus in lungs.	ANTIM TART 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bronchitis; terrible wheezing with loss of breath.	IPECAC 200
○ Pain below the ribs.	
○ Nausea. Vomiting.	
○ Pneumonia. Chest loaded with mucus. Rapid, wheezing respiration. Face pale, turning blue.	
○ Acute, sudden onset.	
● Snuffles. Nose blocked.	NUX VOM 200
● Nose blocked, difficulty in breathing. Snuffles.	SAMBUCUS NIGRA 30
○ Child gives up nipple. Sits up.	
○ Turns blue.	
● Broncho-pneumonia in children.	TUBERCULINUM 200
Also please see 'CROUP' above.	

Lung Cancer

A serious illness and a killer. Malignant growth in one or both of the lungs. The patient has terrible cough; spits yellowish, green sputum and quite often blood which is red or brown. Has difficulty in breathing.

Cigarette smoking is one of the major causes of lung cancer. Those who smoke must give it up. Those who do not should never start. The remedies indicated are mainly palliatives.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Coughing up of pure blood.	MILLEFOLIUM 200
● Streaks of blood in mucus from the lungs. Sputa rusty, blood-coloured or full of mucus.	PHOSPHORUS 200
● Thick, yellow, lumpy mucus.	SILICEA 200
○ Violent cough.	

Old People

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inability to take out phlegm. Rattling sounds can be heard across the room.	ANTIM TART 200
● Chronic catarrhal condition of lungs. Enfeebled pulmonary circulation.	BACILLINUM 200
● Bronchial affection of old people with cardiac dilatation.	BARYTA MUR 30
● Asthma in aged. Skin becomes blue. Imperfect oxygenation.	CARBO VEG 200
○ Poor digestion. Acidity.	
○ Extreme debility.	
● Bronchitis in old exhausted persons. Thick, yellow, tenacious expectoration.	HYDRASTIS 200

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In chest, on exposure to dry cold air. Sudden.	ACONITE 30
○ In pleurisy.	
● In chest, of bone and cartilages.	ARNICA 200
○ Caused by injury.	
● Darting pain in upper part of right lung.	ARSENIC ALB 200
● Severe pain in larynx.	BELLADONNA 200
● With great soreness of muscles and bones. Influenza.	EUPATORIUM PERF 200
● Left lung painful.	OXALIC ACID 30
○ Loss of voice with cardiac derangement.	
● Larynx very painful. Cannot talk.	PHOSPHORUS 200
○ Sharp stitches in chest.	
● Lots of heat in chest.	
Also please refer 'PLEURISY' and 'PNEUMONIA' below.	

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Paralysis Of Lungs

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Unable to take out coarse, rattling mucus.	ANTIM TART 200

Please also refer 'CARBO VEG' IN 'PNEUMONIA' below.

Pleurisy

An inflammation of the membrane which separates the lungs from the chest wall. The inflammation can be dry or wet.

In pleurisy, movement caused by breathing results in a sharp, stabbing pain in the chest. The temperature may rise. Breathing is rapid and not deep.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High fever.	ACONITE 30
○ Stitching pain in a fixed spot in the chest.	
○ Superficial, short, hurried respiration.	
○ Pulse fast.	
○ Thirst great. Hot skin.	
○ Pain worse by breathing, coughing, sneezing.	
● As a result of injury to the chest wall in an accident.	ARNICA 200
● Intense and persistent fever.	BRYONIA 200
○ Stitches in chest on coughing. No mucus comes out.	
○ Seat of pain very sensitive to pressure.	
○ Pain worse on motion, on coughing, on breathing.	
● Copious accumulation of pus in the pleura. High fever. Emaciation.	HEPAR SULPH 200
○ Repeated attacks of chilliness, fever and sweats.	
○ Prolonged suppuration.	
● Pleuro-pneumonia of the right side. Difficulty in breathing. Cannot lie on the right side.	KALI IOD 30
○ Heart complications.	
● Acute stabbing pain in the chest.	RANUNCULUS B 30
○ Chest muscles sore. Sensitive to touch.	
○ Short and oppressed breathing. Inflammation of pleura. Dropsy.	
○ Anguish. Distress.	

Pneumonia

An acute inflammation of the lungs accompanied by high fever, rapid breathing, dry, persistent cough, pain in the chest and sputum containing blood.

In infants, high fever is accompanied by rapid respiration in which the lower ribs are drawn inwards. The child is very ill.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Supreme remedy for pneumonia.	ACONITE NAP 30 Repeat at 30 minutes interval in the acute stage. As condition stabilizes, change to 200 potency, 4 doses a day.
○ Acute and sudden inflammation of every part.	
○ Terrible shortness of breath.	
○ Dry, croupy cough. Mucus streaked with red blood.	
○ High fever.	
○ Patient full of fear.	
● Mucus rattling. Inability to raise and take it out.	ANTIM TART 200, 1000
● Pneumonia that fails to clear.	ARS IOD 30
○ Chronic, with abscess in the lungs.	
● Last stage. Desperate situation.	CARBO VEG 200
○ Face blue.	
○ Threatened paralysis of lungs. Gasping for breath.	
○ Sputum foul-smelling.	
○ Where Antim Tart has failed, Carbo Veg will clear the lungs.	
● Pneumonia with expectoration of pure blood.	FERRUM PHOS 30
● Infantile pneumonia. (Please also refer 'INFANTS' above).	IPECAC 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Broncho-pneumonia.	SQUILLA 30
● Broncho-pneumonia in children.	TUBERCULINUM 200
● Heart failure feared in pneumonia. Pulse weak, rapid and irregular.	STROPHANTHUS 30

Suffocation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With failure to raise and take out rattling mucus.	ANTIM TART 200, 1000
● Asthma in aged people.	CARBO VEG 200
○ Insufficient oxygenation of blood.	
○ Poor digestion. Acidity.	
○ Restlessness.	
● Asthma with constant constriction in chest.	IPECAC 200
○ With sneezing and with wheezing cough.	
○ Incessant, violent cough.	
○ Phlegm fills the chest and does not yield.	
○ Croup in infants. In children.	
○ Nausea present almost all the time.	

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Oedema and impending paralysis of the lungs.	ANTIM TART 200
○ Rattling mucus. Inability to cough it out.	
● Acute pulmonary oedema.	CAFFEIN 30
● Oedema of larynx.	KALI HYDRIODICUM 30 OR KALI IODIDE 30
○ Lungs feel raw and sore. Expectoration like soap suds, greenish.	
○ Violent cough.	
○ Worse in morning.	

Tickling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tickling in larynx. Violent rapid inflammation. Hoarseness.	ALLIUM CEPA 200
○ Hacking cough.	
● Tickling in palate. Acute itching. Acute onset of cold. Quite bothersome.	ARUNDO 200

Tuberculosis

A destructive infectious disease affecting virtually every part of the body. However, the lungs are the most common site. Tuberculosis of the lungs is called pulmonary tuberculosis or consumption. There can be tuberculosis of the brain or of the bones. The best medical help should be availed of.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pulmonary tuberculosis.	ALLIUM SATVIUM 30
○ Constant rattling of mucus in bronchi. Mucus difficult to raise.	
○ Severe pain in chest.	
● Early stages of pulmonary tuberculosis. Caused by influenza.	ARSENIC IOD 30
○ Weakness, emaciation.	
○ Intense thirst but cold water distresses. Hot drinks preferred.	
● To clear congestion of lungs, to decrease sputum and make it less purulent before other medicines for tuberculosis can be administered.	BACILLIUM 200
● Last stage of pulmonary tuberculosis.	CARBO ANIMALIS 30
○ Cough shakes the head, rattles the brain; very distressing.	
○ Sputum offensive, full of pus.	
○ Suffocating hoarseness.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of larynx. Chronic hoarseness.	MAG ACETICUM 30
○ Stitches in larynx extending to ears.	
● Tuberculosis in young, tall persons.	PHOSPHORUS 200
○ Blood-coloured, rusty, purulent sputum.	Once a day till cured.
○ Hoarse, violent, tickling cough. Oppression in the chest.	
○ Primary drug for tuberculosis.	

Voice Lost/Hoarseness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Total loss of voice in professional singers.	ARG NIT 200
○ Chronic laryngitis.	
● Overuse of voice, fatigue due to.	ARNICA 200
○ Hoarseness.	
● Hoarseness with rawness of larynx.	CHAMOMILLA 200
○ Irritable, dry, tickling cough.	
● Hoarseness with deep voice.	DROSERA 30
○ Whooping cough.	
● Paralysis of larynx due to hysteria or otherwise. Nervous hoarseness.	GELSEMIUM 200
● Complete loss of voice. Wheezing.	IPECAC 200
○ Acute cases.	
● Paralysis of vocal cords.	LACHESIS 200
● Chronic hoarseness. Larynx dry, rough, constricted.	MAG ACETICUM 30
● Nervous loss of voice with cardiac derangement. Left lung painful.	OXALIC ACID 30
● Larynx very painful, cannot talk. Inflammation of larynx.	PHOSPHORUS 200
○ Accumulated mucus.	
○ Thirst for cold water.	
○ Worse in the morning.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Capricious hoarseness; comes and goes	PULSATILLA 30
○ Loose cough. Green, bland mucus.	

Also please refer 'HOARSENESS' under 'THE THROAT'

Wheezing

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In asthma, in bronchitis or otherwise.	IPECAC 200
○ Constant constriction in chest. Suffocative cough.	
○ Child may become stiff and blue.	

Whooping Cough

A severe cough which affects infants and children not immunised against it. It is contagious. The problem grows worse with time and there are bouts of severe coughing. At the end of a spasm there is a sudden, noisy drawing in of breath. Coughing is followed by vomiting. The child has cold with a running nose.

The child should be immunised according to medical advice.

For medicines please refer 'COUGH' above.

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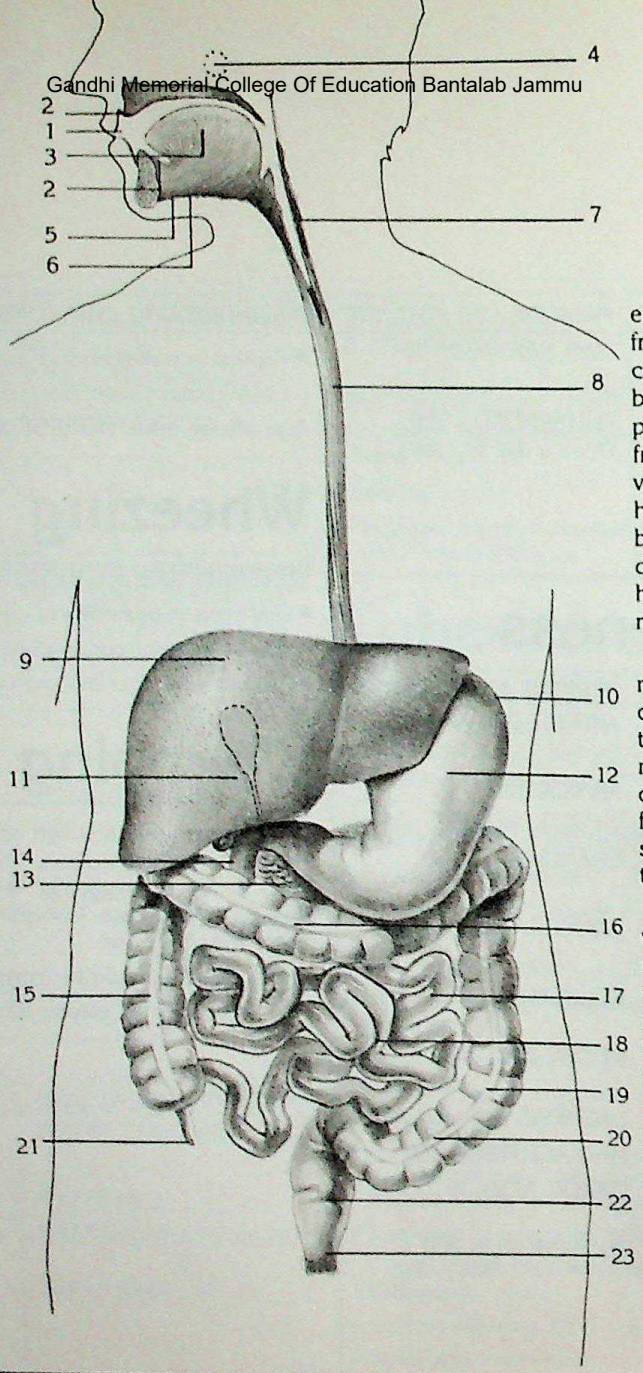
THE DIGESTIVE SYSTEM



1. Mouth
2. Teeth
3. Tongue
4. Parotid gland
5. Sublingual gland } produce saliva
6. Submaxillary gland
7. Pharynx
8. Oesophagus
9. Liver
10. Spleen
11. Gall Bladder
12. Stomach
13. Pancreas
14. Duodenum
15. Ascending colon
16. Transverse colon
17. Small intestine
18. Illeum
19. Descending colon
20. Large intestine
21. Appendix
22. Rectum
23. Anal canal

Our body needs a tremendous supply of energy to live, to function. This energy is derived from the food we take. But the various components of food as consumed by human beings and others require a very complicated processing before any energy can be released from there. Food consists of starches, proteins, vitamins, fats, water and minerals, and all these have to be broken down for absorption into the blood stream. This process is performed in the digestive tract with the help of enzymes, hormones, nervous impulses and systematic muscular action.

The digestive tract in itself starts from the mouth and passes through the pharynx, the oesophagus, the stomach, the small intestines and the large intestines which in turn end in the rectum and the anal canal. On the way, a number of other organs assist the digestive system in its functioning. These organs are the teeth, the spleen, the liver, the gall bladder, the pancreas and the small intestine.

The first step in the digestive process is taken when the food is chewed by the teeth and saliva is mixed into the mouthful, supplying liquid and enzymes to help in digestion. Thereafter, the food passes almost without a change through the throat, that is, the pharynx and the oesophagus to the stomach. The function of the oesophagus, a muscular tube linking the pharynx and the stomach is to propel the food, whether solids or liquids, into the stomach. An inflammation of the oesophagus can cause difficulty in this process and often does.

"Other men live to eat, whereas I eat to live".
Socrates

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The saliva in the mouth contains a digestive enzyme which converts starches into maltose, a form of sugar which is soluble. In the stomach proper, the food is mixed as in a kitchen mixer with the gastric juice and this process is carried on by the churning action of the muscular walls of the stomach. The gastric juice consists of hydrochloric acid, mucus (which protects the lining) and pepsin, a digestive enzyme, which acts on proteins in the food.

From the stomach, a semi-fluid mass of food, the chyme, moves into the duodenum, the first chamber of the small intestine. The intestine is about seven meters long but it is called small intestine because its diameter is narrow. In the duodenum, the chyme encounters alkaline digestive juices as against the acidic juices the food had met in the stomach. The alkaline juices are supplied by the pancreas, the gall bladder and the liver. The enzymes from the pancreas and bile from the liver break down the food at this stage. The pancreatic enzymes act on carbohydrates, proteins and fats. The bile, a thick, green and bitter liquid, helps in emulsifying the fats.

The lining in the small intestine itself provides a vast range of enzymes which help in digestion by breaking down fat, proteins and carbohydrates into amino acids, glucose, glycerol and fatty acids.

The food has now been processed for absorption into the blood-stream. The absorption is carried out in the jejunum and ileum, which are parts of the small intestine. Most of the nutrients are carried by the blood into the liver for further digestion.

After most of the nutrients have been absorbed into the blood-stream moving through the veins, the remaining part of the food moves down into the colon and after progressive dehydration, it is passed out of the body via the rectum and the anal canal.

It has been said that the quality of life depends on the liver. Undoubtedly, the liver is an organ which performs a variety of functions, the most important being the production of bile. Its functions include storage and filteration of blood, conversion of sugar into glycogen and a host of other metabolic activities. The liver stores fats, minerals and vitamins. The liver has the capacity to regenerate itself into a normal state only if the damage caused to its cells and tissues is limited. Continued destruction of the liver on account of alcohol, consumption or for any other reason leads to death.

The health of the digestive system depends upon the type of food being taken. The following suggestions may be kept in mind:

i. Avoid consumption of exposed food. Food poisoning caused by exposed or rotten food can lead to a life threatening situation.
ii. Do not starve your system over long hours. Take small meals at regular and frequent intervals.
iii. In your diet include a lot of food with high roughage content, for instance, fresh vegetables, fruit, whole wheat bread etc.
iv. Reduce the intake of foods which have a high content of cream, fats, or which have been fried. Any such foods which have not been refrigerated within a few hours of their having been made should better not be taken.
v. Watch your weight. Obesity can cause hypertension and heart failure.
vi. Take care to remedy constipation in time.
vii. Take regular exercise, more particularly brisk walks. This keeps the digestive system in good form.
viii. Ensure that your diet is well balanced. Besides carbohydrates, proteins and fats, the diet should include vitamins, and minerals like calcium and iron.
ix. It is not the quantity of food taken which matters, but the content and the hygienic purity of the food. Food must be cooked in the cleanest of surroundings and taken in a pleasant environment.
x. Grief, worry, fatigue, bad temper or anger affect the digestion adversely. Peace of mind and happy surroundings help in the better functioning of the digestive process.
xi. Avoid highly seasoned and spicy food. Avoid alcohol. Give up smoking. These articles have an adverse influence on the digestive tract.

"I am convinced digestion is the great secret of life."
Sidney Smith

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THE DIGESTIVE SYSTEM

Abscess of Liver 173
Achalasia of the Cardia 173
Acidity 173
Appendicitis 173
Appetite-Loss of 174
Aversion to food 175
Bowel-Cancer of 175
Burning/Ulcers 175
Cancer 176
Cholera 176
Cirrhosis of the Liver 176
Colic 177
Colitis 177
Constriction 178
Cramps-Abdominal 178
Cravings 178
Duodenal Ulcers 178
Dyspepsia 178
Eructation 179
Flatulence 179
Food Poisoning 181
Gall Stones 181
Gastralgia 181
Gastric Ulcers 181
Gastritis 181
Gastroenteritis 181
Giardiasis 181
Gurgling sounds 182
Heart-burn 182
Hepatitis 182
Hernia Femoral 182
Hernia - Hiatus 182
Hernia/Inguinal 183
Hernia Umbilical 183
Hiccup 183
Indigestion 183
Jaundice 185
Morning Sickness 185
Mucus 185
Nausea/Vomiting 185
Oesophagitis 186
Oesophagus - stricture of 187
Old people 187
Overeating 187
Pain/Colic 187
Pancreatitis - Acute 189
Paralysis of Oesophagus 189
Peritonitis 189
Roundworms 190
Swelling 190
Tapeworms 190
Taste Diminished 190
Threadworm 190
Typhoid 190
Vomiting 191
Wind 191
Worms 191
Yellow Skin 191

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Abscess of the Liver

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stitching in region of liver when walking, coughing, breathing or touching it.	HEPAR SULPH 200
○ Distended abdomen.	
● Chronic cases.	SILICEA 200
○ Yellow hands, blue nails.	
○ Bloated hard abdomen. Colic.	
○ No appetite. Thirst excessive.	

Achalasia of the Cardia

An uncommon disease in which the oesophagus muscles do not work properly. There is difficulty in swallowing on account of a lack of coordination of the muscles and nerves involved in swallowing.

The patient feels that the food swallowed by him sticks behind the breast bone. He experiences difficulty in swallowing liquids as well as solids. He suffers pain in the chest, at times severe.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain comes always after eating. The patient feels as if a hard-boiled egg has been lodged in the oesophagus near the cardiac end.	ABIES NIGRA 200
● Digestion slow. The simplest food distresses.	CARBO VEG 200
○ Food putrifies before it is digested.	
○ Chronic cases of difficulty in swallowing respond very well to Carbo Veg taken for a few weeks.	

Acidity

The sensation of burning behind the breast bone. The contents of the stomach flow back into the oesophagus.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hyper-acidity and ulceration of stomach. Painful spot over stomach from where pain radiates to all parts of the abdomen.	ARGENTUM NITRICUM 200
○ Burning and constriction.	
○ Hiatus hernia pain and acidity.	
○ Colic with much flatulent distension.	
○ Better from eructation; fresh air; cold.	
○ Worse from cold food; taking sweets; after eating; at night; from warmth in any form.	
● Acidity of the upper regions. Foul eructation.	CARBO VEG 200
○ Tense flatulence. Ulcerative, burning sensation.	
○ Results of over-indulgence in food and drink.	
○ Contractive pain extending to chest. Better belching.	
○ Worse evening; from fats, butter, coffee, wine, spices, fried food.	
○ Acute as well as chronic cases.	
Also please refer 'BURNING' below.	

Appendicitis

An inflammation of the appendix which is a small structure rising from the beginning of the large intestine. Appendicitis can be acute or chronic. Acute appendicitis comes suddenly and usually requires immediate hospitalization. Surgery has to be performed to remove the appendix.

In chronic appendicitis there are attacks of pain in the right lower abdomen, quite often for a few months.

In accute appendicitis the first symptom may be pain which comes and goes. It is felt only in the right side of the abdomen. At times the pain is near the navel. After some time the right side of the abdomen experiences severe pain continuously. The pain is worse on movement. There is nausea and vomiting. At times constipation. The patient's breath is foul.

Immediate surgery is usually needed.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe pain in the ileocaecal region, worse from shaking. Inability to bear the slightest touch, even of a sheet of cloth. ○ Vomiting, throbbing headache.	BELLADONNA 200, 1000, 10000. It should be given if Iris Tenax fails. Symptoms are the same as for Iris Tenax.
● Stitching and burning pain, aggravated on the slightest movement. Tenderness in the right lower abdomen. ○ Thirst for large quantities of water. ○ Pain less by lying on the painful side and by pressure. ○ Worse on any movement.	BRYONIA 200 Give every half an hour till the pain stops.
● Start with one dose of Ignatia in case of nervous patients suffering acutely in mind as well as body. Afraid of surgery. ○ Terrible pain.	IGNATIA 1000
● Frightening pain in ileocaecal region. Great tenderness felt on pressure. ○ Sensation at the pit of the stomach is deathly. ● Chronic appendicitis.	IRIS TENAX 1000 Treatment may start with this medicine. LYCOPODIUM 1000 Should be given once a week to stop recurrence of attacks.
● Severe pain and extensive swelling over the affected parts. ○ Septic condition.	RHUS TOX 200

DIAGNOSIS OF ACUTE APPENDICITIS IS DIFFICULT BECAUSE THE SYMPTOMS ARE VARIABLE. A DOCTOR SHOULD BE CONSULTED AT THE EARLIEST.

Appetite – Loss of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● This medicine influences nutrition favourably. It tones up the appetite and digestion. This results in greatly improved mental and physical vigour with gain in weight. ○ Alfa Alfa induces mental exhilaration, a general feeling of well-being. ○ Helps in depositing fat, corrects tissue waste and deficient lactation.	ALFA ALFA Mother tincture ten drops five times a day. The medicine should be continued until its tonic effects have ensued.
● Loss of appetite due to indigestion. Due to overeating.	ANTIM CRUD 200
● Appetite lost due to feeble digestion. ○ Ulcer pain. Hyper-acidity.	ARG NIT 200
● Loss of appetite when over-worked.	CALC CARB 30
● Digestion slow. Food putrifies before it is digested. ○ Aversion to milk, meat and fats. ○ The simplest food distresses. ○ Eructations after eating and drinking. ○ Acidity; burning in oesophagus and stomach. ○ Abdomen greatly distended. Flatulent colic. ○ Pain in liver. ○ Revives the whole digestive system.	CARBO VEG 200 4 times a day, for 4 weeks. Continue 1000, once a day, later, if necessary.
● Complete lack of appetite alternating with canine hunger.	CINA 200
● With desire for stimulants. ○ In persons leading fast life. Drinking debauchery, late nights.	NUX VOM 200

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Aversion to Food

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cannot bear the sight of food.	ARSENIC ALB 200
○ Great thirst. Drinks often but little at a time.	
○ Restlessness.	
● Aversion to fats, meat, etc.	CARBO VEG 200
○ Simplest food distresses.	
○ Chronic indigestion and acidity.	
● Aversion to milk.	NAT CARB 30
● Aversion to fatty food, warm food and drinks. Dislike for butter.	PULSATILLA 30
○ Discomfort from a heavy meal.	
● Milk disagrees.	SULPHUR 200

Bowel – Cancer of

If detected early, there is a good chance of recovery in cases of cancer of the bowel.

A change in bowel habits is an important indication of bowel cancer. There is pain in the abdomen with distension. The stool contains dark red blood and mucus. As in other cancer problems there may be unexplained loss of weight, appetite. The patient feels generally sick.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Malignant symptoms. Oesophagus feels choked, blocked. Nothing seems to pass.	ARSENIC ALB 200
○ Gnawing, burning pain in abdomen; as if coals on fire inside.	
○ Abdomen swollen and painful.	
○ Faintness, icy coldness, great exhaustion. All-prevailing debility.	
○ Hates the sight or smell of food.	
○ Unquenchable thirst.	
○ Nightly aggravation.	
● As a general medicine in cancer of the bowel, particularly when there is burning and flatulence in the upper part of the stomach.	CARBO VEG 200 To be used continuously, 4 times a day, over months.
● Cancer of the stomach with vomiting of bloody, slimy mucus. Black or coffee-coloured vomiting.	CROTALUS H 200
○ Trembling, fluttering feeling below the epigastrium, the part of the abdomen lying above the stomach.	
○ A sinking feeling in the stomach.	
○ Worse lying on the right side; in spring; at the onset of warm weather; in open air.	
● With this medicine the patient starts vomiting a black jelly-like substance on the first dose but he gets relief.	ORNITHOGALUM mother tincture. One drop to be given in a teaspoonful of water. The second dose should be repeated only after 48 hours if a reaction does not occur.
● Sharp cutting pain. Ulceration has set in. Coffee-coloured vomit.	PHOSPHORUS 10000 Once a week.
○ A very weak, empty, gone sensation in the whole of the abdominal cavity.	
● Carcinoma affecting lower bowel. Prolapse of anus every time the bowel moves, particularly after confinement.	RUTA 200
○ Tearing, stitching pain in rectum.	

Burning/Ulcers

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent, burning pain in stomach and chest. Ulceration, followed by coldness of skin, cold sweat on forehead.	ACETIC ACID 30
○ Burning thirst. But cold drinks distress.	
○ Vomits any food.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ulcer pain which is burning, shooting, gnawing. Hyper-acidity. Pain radiating in all directions from the ulcers. Better taking cold milk.	ARG NIT 200
○ Pain with severe distension.	
○ Hiatus hernia.	
○ Constriction.	
● Live coals on fire inside. Burning pain in stomach. Unbearable pain.	ARSENIC ALB 200
○ Nausea, retching, vomiting after eating and drinking. Vomiting of bile.	
○ Tongue dry, brown or black.	
○ Cold food, cold drinks do not agree. Hot food, drinks do. Hot drinks relieve burning.	
● Acidity in the upper digestive tract. Overall ulceration.	CARBO VEG 200
○ Ulcers burn. Pain in the chest like burning of glowing coals. Belching relieves.	
○ Digestion slow. The simplest food distresses.	
○ Eructations, heaviness, fullness. Tense from flatulence.	
○ Primary medicine for acidity.	
● Burning in alimentary canal throughout.	IRIS VERSICOLOR 200
○ Vomiting. Profuse flow of saliva.	
● Chronic intestinal ulceration.	KALI BI 200

Cancer

Please see 'BOWEL — CANCER OF' above.

Cholera

An acute, infectious, often fatal disease, characterised by profuse diarrhoea, vomiting, cramps, dehydration, etc.

Caused by bacteria in contaminated food.

Complete rest is advised.

Give plenty of glucose water with a pinch of common salt.

For medicines please see 'CHOLERA' under 'THE STOOL'.

Cirrhosis of the Liver

A chronic condition of the liver in which the damaged cells are replaced by scar tissues. The condition is more or less permanent. By and large it comes from drinking alcohol. Eventually cirrhosis leads to liver failure and death.

Cirrhosis of the liver is not diagnosed from the beginning easily because there are no obvious symptoms. However any loss of appetite, loss of weight with fatigue, weakness, disinterest in sex, shrinking testicles, a feeling of numbness in feet and fingers, anaemic, pale complexion, ought to sound a warning to persons who are fond of taking liquor. Expert medical help should be obtained at the earliest. Timely precautions might slow the progress of the disease.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Jaundice. Skin yellow, wilted, sallow, cold, clammy.	CHELIDONIUM 30
○ Dirty yellow colour of the eyes.	
○ Tongue yellow. Bitter taste.	
○ Copious, yellow, foamy urine.	
○ Bright, pasty, yellow stool.	
○ Hepatic and gall bladder obstruction.	
○ Enlarged liver.	
○ Preference for hot food and drinks. Temporary relief on eating.	
○ Constant pain under inferior angle of the right scapula.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic jaundice. Hypertrophy of the liver.	CHIONANTHUS 30
○ Enlarged liver with constipation. No appetite.	
○ Tenderness in the region of the liver.	
○ Skin yellow, sallow.	
○ Tongue yellow.	
○ Urine very dark. Bile in urine. In diabetic cases, sugar in urine.	
○ Coloured stool.	
● Fatty infiltration of liver with increase in soft fibrous tissue.	KALI BI 200
● Liver enlarged. Sore to touch.	MERC SOL 200
○ Deficient bile secretion.	
○ Skin almost constantly moist. Itching.	
○ Profound anaemia.	
○ All symptoms worse in the evening and during the night.	
● Overuse of liquor leading to liver problems, to cirrhosis.	NUX VOMICA 200
○ Liver sluggish. Does not produce enough bile.	
○ No thirst. Appetite reduced.	
○ Despondency.	
○ Worse in the morning.	
● Fatty degeneration of the liver. Very sore.	PHOSPHORUS 200
○ Congestion of the liver.	
○ Haematogenous jaundice. Blood affected. Disseminated through blood.	
○ Large yellow spots on abdomen.	
○ Stool greyish-white.	

Also please refer 'HEPATITIS', 'JAUNDICE', 'PAIN', 'SWELLING' and 'YELLOW SKIN' in this chapter.

Colic

An acute abdominal pain which comes in paroxysms. For medicines please refer 'PAIN' below and the 'COLIC' chart placed next to 'COLOCYNTHIS' in the 'MATERIA MEDICA'.

Colitis

A chronic problem caused by inflammation of the lower bowel. The symptoms include severe, cramping pain of the abdomen, constant pressure on the rectum and diarrhoea which can be watery but has mucus and blood.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent, burning pain in stomach and chest. Ulceration.	ACETIC ACID 30
○ Burning thirst. But cold drinks distress.	
○ Vomits any food.	
○ Haemorrhage from bowels.	
○ Skin cold. Sweat on forehead cold.	
● Colitis with offensive diarrhoea.	LACHESIS 200
○ Haemorrhage from bowels like charred straw, black particles.	
○ Bowels perforated by ulcers, causing severe pain.	
○ Constant pressure in the rectum but no stool.	
○ Paroxysmal hot flushes. Chilly in back. Feet very cold.	
● Stool hot, bloody, slimy, offensive. Cutting pain. Shreds of mucous membrane in stool.	MERC COR 30
○ Dysentery not relieved by stool.	
○ Constant desire to pass stool.	
○ Chilly. Profuse perspiration. Fever with chill.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Great acidity. Burning, painful, weightlike pressure. ○ Complete loss of appetite. ○ Frequent flushes of heat. ○ Very weak and faint about 11.00 A.M.	SULPHUR 200 Start the treatment of colitis with Sulphur 200, twice a day. In a large number of cases no other remedy would be needed.
● Chronic diarrhoea of mucus with blood. ○ Great faintness and dizziness.	TRILLIUM 30

Constriction

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of oesophagus. As if a hard boiled egg is lodged in it, near the cardiac end. Remarkable results. ○ Resistance to solids, liquids going down the oesophagus.	ABIES NIGRA 200
● Of oesophagus. Can swallow liquids only. Vomiting due to spasm of oesophagus. ○ Ulceration, inflammation of stomach and bowels.	BAPTISIA 30 Repeat frequently.
● Of oesophagus and stomach. In cases with heart problems.	CACTUS 30

Also please refer 'OESOPHAGITIS' and 'PARALYSIS OF OESOPHAGUS' below.

Cramps – Abdominal

Spasmodic pain in the abdomen.

For medicines please refer 'PAIN' below.

Cravings

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Craving for indigestible things like chalk, coal, pencil. ○ Also for eggs, salt, sweets.	CALC CARB 30
● Craving for tobacco, stimulants.	STAPHYSAGRIA 200
● Craving for alcohol.	SULPHURIC ACID 30

Duodenal Ulcers

Ulcers which develop where the stomach joins the duodenum, the first few inches of the small intestine. Ulcers can also form in the duodenum itself.

The symptoms consist of burning, gnawing pain below the ribs. This pain starts sometimes after the meals and continues between two meals. It is relieved by milk and food.

For medicines, please refer 'ACIDITY' and 'BURNING' above and 'PAIN' below, specially ACETIC ACID, ARG NIT, CARBO VEG, CHAMOMILLA, KALI BI, etc.

Dyspepsia

Discomfort or pain in the upper central part of the abdomen. Normally it occurs on account of wrong choice of food. At times it is accompanied by eructations and nausea.

For medicines please refer 'INDIGESTION' and 'PAIN' below, specially ANTIM CRUD, ARS ALB, CARBO VEG, IPECAC, LYCOPODIUM, NUX VOMICA and PULSATILLA.

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Eructation

To eject gas spasmodically, noisily from the stomach through the mouth.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Eructations tasting of food recently taken.	ANTIM CRUD 200
○ Constant belching after eating.	
○ In persons who habitually overeat.	
○ After a heavy meal.	
○ Foul smell.	
○ Stinking flatus.	
● Difficulty in eructation. Despite effort cannot belch.	ARG NIT 200
○ Feeble digestion. Loss of appetite.	
● Rancid, sour or putrid eructation.	CARBO VEG 200
○ With heaviness, fullness. Tense from flatulence.	
○ Acidity.	
○ Indigestion.	
○ Even the slightest food distresses.	
● Burning eructation near pharynx.	LYCOPODIUM 200
○ Indigestion due to fermented food like cabbage.	
● After eating of green vegetables, fruit or fatty food. Bitter taste. Flatulence.	PULSATILLA 30
○ Pain in stomach an hour after a meal.	
○ Thirstlessness. Dry mouth.	

Flatulence

Excessive formation of gas in the stomach or intestine. At times the abdomen is bloated like a tent. Sometimes flatulence is caused by swallowing air when eating very fast. Certain types of food also cause flatulence. These should be avoided or their intake reduced.

Flatulence gives a feeling of heaviness and discomfort.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Distension with palpitation of heart.	ABIES CAN 30
○ Action of heart disturbed by flatulence.	
○ Eats beyond capacity to digest.	
● Abdomen feels heavy, bloated, hot. Burning, copious flatus.	ALOE 30
○ Colic during stool. Pain around navel.	
● Flatulence in the upper parts of the digestive system.	CARBO VEG 200
○ Upwards eructations which are sour and putrid.	
○ Flatulent colic. Abdomen greatly distended.	
● Overall flatulence.	CHINA 200
○ Bloating, like a bell, of abdomen. Belching gives no relief. Colic pain.	
○ Digestion slow but hunger acute.	
○ Better on movement.	
● Distension like a drum. Pressure downwards. Food fermenting inside.	LYCOPODIUM 200
○ Stomach full immediately after even a light meal.	
○ Flatulence with palpitation, faintness and difficult breathing.	
○ Better by warm drinks.	
● Flatulent dyspepsia. Stomach excessively bloated. Abdomen enormously distended.	NUX MOSCHATA 30
○ Craving for highly seasoned food.	
● Obstructed flatus with intense colic.	PLUMBUM MET 30
● Post-operative flatulence.	RAPHANUS 30
○ Abdomen distended like a bell. Hard. No flatus emitted upwards or downwards.	
● Incarcerated flatus.	STAPHYSAGRIA 200
○ Backache at any time due to flatulence.	
○ Backache worse in the morning, before rising.	

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FLATULENCE

FOUR GREAT REMEDIES

FLATULENCE: Generation and accumulation of gas in the stomach, intestines or other body cavity. Usually uncomfortable; painful.

	CARBO VEG 200	CHINA 200	LYCOPODIUM 200	ALOE 200
○ Which is the region of the body affected?	○ Upper part of the stomach and abdomen.	○ Pressure of wind upwards as well as downwards.	○ Distension like a drum, in the lower abdomen.	○ Abdomen bloated like a tent. Pressure downwards.
○ What are the possible causes?	○ Slowing down of digestive processes. ○ Ever-present acidity.	○ Slow digestion, although hungry at meal times. ○ Fermentation of food. ○ Liver and spleen may be enlarged.	○ Slow digestion on account of sluggish liver. ○ All food turns into wind. ○ Fermentation going on constantly.	○ Digestion gone haywire. ○ Excessive production of loud, rumbling wind.
○ What do you feel?	○ Excessive flatulence. ○ Wind pressing upwards. ○ Even the slightest food distresses. ○ Do not want to eat. Cannot digest cakes, raisins, butter, etc. ○ Burning water in oesophagus.	○ Uncomfortable distension all over the abdomen. ○ Abdomen feels "packed full".	○ Feeling of wind pressing downwards to anus. ○ Rumbling in intestines. ○ Obstinate constipation along with flatulence. ○ Pain in the lower abdomen. ○ An ineffectual urging to stool. ○ Spasmodic constriction of anus.	○ Insecurity of rectum. You are worried that with flatus, stool would pass and you cannot control it. Mostly it does. ○ Pulsating pain around navel. ○ Wind is copious and burning. ○ Thundering, very loud rumbling of flatus.
○ Do you experience any relief or aggravation?	○ Relief from belching or passing flatus.	○ No relief from eructation nor from passing of wind. ○ Aggravation after eating. ○ Aggravation every other day.	○ 4 P.M. aggravation. ○ Urinary complications may be present.	

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Food Poisoning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Poisoning from decayed food, meat or fruit left in open. ○ Unbearable pain. ○ Burning. ○ Black, bloody diarrhoea.	ARSENIC ALB 200

Gall Stones

Formation of hard, stonelike masses in the gall bladder. It is a result of chronic inflammation in the gall bladder. The problem is quite common.

The pain often starts in the evening after a person has consumed fatty food.

Gall stones should not be neglected. If the medicines given below do not help a surgeon ought to be consulted.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stitches in gall bladder area. ○ Worse pressure.	BERBERIS VULGARIS 200
● A long-term but very effective treatment. ○ Prevents formation of gall stones. Helps in expelling them.	CHELIDONIUM 30
● Colic from gall stones. Pain in the region of liver as from ulceration. ○ Worse touch.	CHINA 200

Gastralgia

Indigestion with gastric colic.

For medicines please refer 'INDIGESTION' and 'PAIN'.

Gastric Ulcers

Ulcers in the lining of the stomach. There is a burning and gnawing pain in the upper abdomen, below the left ribs. It generally occurs in the early hours of the morning. The pain is also experienced after taking food.

For medicines please see 'ACIDITY', 'BURNING' and 'PAIN' in this chapter.

Gastritis

An inflammation of the lining of the stomach. It could be acute or chronic.

In acute gastritis besides pain in the upper abdomen and nausea with vomiting, there is blood in the vomit.

An attack of acute gastritis can come on account of intake of alcohol or infected food.

In chronic gastritis the treatment is according to the symptoms.

For medicines please refer 'INDIGESTION', 'NAUSEA' and 'PAIN' below.

Gastroenteritis

Inflammation of the stomach and intestines.

For medicines please refer 'NAUSEA' and 'PAIN' below.

Giardiasis

An intestinal infection caused by a small parasite called giardia lamblia. This infection results in diarrhoea with profuse and watery or bulky, loose, breezy stools. The patient feels restless and weak. The stomach is distended.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stomach hard, bloated. Twisting pain about navel. ○ Appetite varies. ○ Stool is preceded by colic. It has white mucus like popcorn pieces. ○ Temper is irritable. The patient is cross and hungry.	CINA 200

Gurgling Sounds

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Flatulence with gurgling and rolling of liquid and wind.	ASAFOETIDA 30
● When drinking the fluid descends with gurgling sounds.	CUP MET 200

Heartburn

A sensation of heat behind the breast bone which comes on after a meal. It is a symptom of indigestion.

For medicines please see 'ACIDITY' and 'BURNING' above.

Hepatitis

An inflammation of the liver which results in a severe loss of appetite. There is nausea and vomiting. There is headache and pain in the joints. The temperature rises. There is generally a feeling of illness. As jaundice develops the patient passes dark urine and light-coloured stool.

Jaundice fades after 2 to 4 weeks. At times it may last for months.

Relapse occurs often in hepatitis. Complications also occur resulting in cirrhosis of the liver and scarring. Liver failure can ultimately lead to death.

Excellent medical advice ought to be obtained as soon as it is suspected that a patient is suffering from hepatitis. The medicines indicated would of course help a lot. The patient must take compulsory bed rest and a diet high in calories, low in proteins and free of fats.

The patient's saliva, blood, urine and stools are infective. Precautions must be taken if someone has to handle bedpans or clothes of the patient.

For medicines please refer 'CIRRHOSIS OF THE LIVER' above and 'JAUNDICE', 'PAIN', 'SWELLING' and 'YELLOW SKIN' below.

Hernia–Femoral

Femoral Hernia is common in women. A cherry-sized bulge grows below the middle of the groin crease.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Strangulated femoral hernia.	PLUMBUM MET 30

Hernia – Hiatus

Protrusion of a portion of the stomach through a rupture in the diaphragm.

The patient experiences severe pain beyond the breast bone, mainly after eating. The attack comes if tight clothes are worn around the waist, the patient sits bending forward or goes to bed immediately after a meal without using high pillows. There is severe heartburn because acid and semi-digested food spills up into the oesophagus.

The symptoms at times can be confused with heart disease.

Besides administering the indicated medicines the patient should be asked to change his eating habits. He should cut down on fried food, alcohol, tobacco and coffee. He must not sit bending forward while working. At least an hour must pass before he lies down after a meal. Tight clothes around the stomach must be avoided.

For medicines please refer 'ACIDITY' and 'BURNING' above and 'PAIN' below, particularly 'ARG NIT' and 'CARBO VEG'.

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Hernia–Inguinal

Protrusion of intestines or other contents of the abdomen through a gap in the groin. Its symptoms are a swelling in the groin or scrotum.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inguinal swelling.	CALC CARB 30
○ An excellent medicine for inguinal hernia.	
● Hernia of the right side.	LYCOPODIUM 1000
○ Distension of abdomen. Rumbling sounds.	One dose every week.
● Hernia of the left side.	NUX VOMICA 1000
○ If Lycopodium fails, give Nux even for right side.	One dose every week.

Hernia–Umbilical

Babies suffer from umbilical hernia. Its symptom is a round swelling near the navel.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Specific for umbilical hernia in babies.	AURUM MET 200
● Should be tried first. Very effective.	CALC CARB 30

Hiccup

Spasm of the diaphragm which is involuntary and repetitive. It is caused by an irritation of the nerve that controls the contraction of the diaphragm. By and large it is not a serious problem. Hiccup in young infants is very common and need not cause any worry.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hiccups.	CALC FLUOR 30
● Violent, spasmodic.	CICUTA 200
● Hiccups.	CINNAMONUM M.T. 3 drops in a teaspoon of sugar every few minutes.
● Followed by copious vomiting.	JATROPHA 30
● Violent.	RATANHIA 200

Indigestion

A set of symptoms usually referred to as stomach upsets. There is a feeling of fullness; heart-burn, acidity, nausea and/or vomiting. There is belching or eructations. Wind accumulates in the stomach. At times there are cramps in the abdomen and intestines. The patient suffers from constipation or diarrhoea. At times lack of appetite.

Indigestion is caused by wrong eating habits like overeating, eating rich or spicy or fried food, eating in a hurry, by natural production of excessive acid in the stomach and weakness of the digestive functions. Tension, strain and anxiety also cause indigestion and so does excessive fondness for alcohol or aerated waters.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Indigestion from overeating, from intake of fatty food.	ANTIMONY CRUD 200
○ Feeling of nausea, fullness and discomfort.	
○ Eructations start as soon as food is taken.	
○ Distension in a flat stomach.	
○ Milky coating on the tongue.	
○ At times total loss of appetite.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hyper-acidity. Ulcerative pain in stomach, radiating in all directions. Perforating ulcer in stomach. ○ Incessant vomiting of food with a smooth, dry tongue. ○ Flatulence; relieved by belching. ○ Loss of appetite. ○ Digestion feeble. ○ Longing for sugar although sweets aggravate and produce diarrhoea.	ARGENTUM NITRICUM 200
● Colic; burning pain in the stomach, in abdomen. ○ Digestive derangement on account of intake of cold food, cold drinks, exposed or contaminated food. Food poisoning - results of. ○ Convulsive vomiting of water, of food, of bile. ○ Bitter eructations. ○ Stool of undigested food; slimy, bloody. ○ Unquenchable thirst though can sip a little at a time. ○ Great prostration. ○ Burning in stomach, relieved by hot drinks. ○ Nightly aggravation.	ARSENIC ALB 200
● Acidity. ○ Ulcers in the stomach. Burning in the stomach extending to back along spine. ○ The simplest of food distresses. ○ Flatulence with eructations and heaviness. ○ No appetite. Very sluggish digestion. ○ Aversion to milk, fats and meat.	CARBO VEG 200

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Abdomen bloated like a tent. Colic due to flatulence. No relief on belching nor on passing wind. ○ Digestion slow but hunger acute at times. ○ Better on movement. ○ Gastritis pain, worse on the left side, under the ribs, extending downwards.	CHINA 200
● Flatulence as a result of taking food which ferments inside. Distension of stomach like a drum. ○ Food tastes sour. Eructations burning. ○ Wind passing downwards. ○ Breathing difficult. Palpitation.	LYCOPODIUM 200
● Nausea most prominent in any form of indigestion. ○ Unyielding cases of gastritis where even a drop of water will not stay down. The patient vomits all that he takes. Vomit consists of undigested food. ○ Sharp pain in stomach, going from left to right. ○ Indigestion from fatty foods like raisins, cakes and fats. ○ Fermented stools, foaming like yeast with mucus.	IPECAC 200
● Indigestion from irregular eating habits, late nights, heavy consumption of liquor. Pain. ○ Constipation. ○ Dysentery. ○ Frequent desire to pass stool but can pass only a small quantity each time. ○ Pressure, uneasiness in the rectum. ○ Wakes up at 3 a.m. Lies awake till 5 a.m. Goes to sleep thereafter. Awakes with a heavy head. ○ Hangover.	NUX VOM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Indigestion due to fondness for butter, pastries, cakes, fruit and creamy food. ○ Flatulence. ○ Pain in the stomach an hour or so after a meal. ○ Loss of taste. Loss of smell. ○ Foul taste in the mouth early morning. ○ Thirstlessness. ○ Dry mouth. ○ Chronic constipation. Stool large, dry, hard, difficult to excrete.	PULSATILLA 200

Jaundice

Old or damaged red blood cells break down in the spleen to produce yellow pigment known as bilirubin. Normally this pigment is removed by the liver and discharged as bile into the intestine. When this process slows down, bilirubin collects in the blood and causes yellow discoloration all over the body. The skin and the white of the eyes take on a yellow colour. The urine becomes dark and the colour of the stool becomes creamy.

The patient requires complete bed rest and treatment of the cause which might have led to jaundice.

For medicines please refer 'CIRRHOSIS OF THE LIVER' and 'HEPATITIS' above and 'PAIN', 'SWELLING' AND 'YELLOW SKIN' below.

Morning Sickness

Pregnant women in the first few weeks of pregnancy experience nausea and vomiting.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Persistent nausea. No relief from vomit.	IPECAC 200

For more medicines please refer 'NAUSEA/VOMITING' below.

Mucus

Glutinous, sticky secretion of the mucous membranes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In large quantities in stool. ○ Violent tenesmus. ○ Insecurity in rectum.	ALOE 200
● In amoebic dysentery. Grass-green stool. Griping pain.	IPECAC 200
● Shreds of mucous membrane in stool. Blood and mucus in dysentery. ○ Persistent tenesmus. ○ Cutting pain.	MERC COR 30
● Mucous dysentery. First medicine. ○ Worse at night.	MERC SOL 200
● With blood. If Merc Sol fails.	SULPHUR 200

Nausea/Vomiting

Feeling sick at the stomach with a desire to vomit. Accompanied by a distaste, a loathing for food. The impulse to vomit is involuntary and uncontrollable.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Vomit of bile, blood, green or brown-black mucus mixed with blood. ○ Nausea and retching after eating and drinking. Food poisoning. ○ Ill effects of vegetable diet, melons and watery fruit, decayed or exposed or otherwise.	ARSENIC ALB 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Intense nausea; relief on vomiting.	ANTIM TART 200
○ Retching.	
○ Tongue thick, white; red edges.	
○ Body cold; cold sweats; patient sleepy.	
○ Thirst for cold water; takes little at a time.	
● Nausea before breakfast.	BERBERIS VULGARIS 30
● Vomits all fluids. Water vomited as soon as it reaches the stomach.	BISMUTH 30
● Nausea when rising.	BRYONIA 200
○ Pressure in stomach after eating as of a stone.	
● Black vomit. Vomit of mucus; green, slimy, bloody.	CADMIUM 30
○ Great prostration.	
○ Disease running deathwards.	
● Vomit of dark, olive green, semi-digested food.	CARBOLIC ACID 30
○ Fermentation inside the stomach.	
○ Desire for stimulants and tobacco.	
● In the morning. In pregnancy.	CARBO VEG 200
○ Weak digestion.	
○ Acidity. Burning.	
● Nausea, vomiting caused by pressure on spine and cervical region.	CIMICIFUGA 200
● Due to sea-sickness, travel sickness, car-sickness, flying sickness or motion sickness.	COCCULUS 200
● Premier remedy.	IPECAC 200
○ Persistent nausea. Vomiting.	
○ No relief from vomit.	
○ Vomits bile, food, blood, mucus. Colic pain; cutting, from left to right.	
○ Nausea in any sickness.	
○ Nausea and vomiting after taking raisins and cakes, etc. Fermented, foamy, mucous stool. Cutting pain.	
○ In gastritis. Even a drop of water does not stay in.	
○ Nausea with headache.	
○ Pregnancy nausea.	
○ Fever with nausea; chill, heat and breathlessness.	
○ Copious red haemorrhage with nausea.	
○ Pale, twitching face.	
● Incessant and deathly nausea. Vomit of green fluid.	MORPHINUM 30
● Water is thrown up as soon as it gets warm in the stomach.	PHOSPHORUS 200
● Nausea in the morning before eating.	SEPIA 200
● Child vomits curdled milk in large lumps after nursing. Violent screaming.	VALERIANA Mother tincture. 5 drops 4 times a day.
● Nausea and retching with cholera. Violent nausea.	VERATRUM ALB 200, 1000
○ Rice-coloured, watery stools. Aggravated by drinking water and least motion.	
○ Chronic vomiting of food with gastric irritability.	
○ Wants cold water but cannot retain it.	

Oesophagitis

Inflammation, usually of the lower portion of the oesophagus, near the stomach. It is, by and large, caused by irritation by gastric juices.

The symptoms consist of heart-burn, regurgitation of acid and food after a heavy meal, pain on swallowing hot or cold food.

For medicines please refer under 'ACIDITY', 'CONSTRICTION' above and 'PARALYSIS OF OESOPHAGUS' below.

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Oesophagus–Stricture of

Spasmodic stricture of the oesophagus. It results in the vomiting of food immediately after swallowing. It needs expert medical attention.

For medicines please refer 'CONSTRICTION' above and 'PARALYSIS OF OESOPHAGUS' below.

Old People

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Indigestion. Dyspeptic troubles of the aged.	ABIES NIGRA 200
● Diarrhoea or constipation from indiscriminate eating - over-eating. An excellent remedy.	ANTIM CRUD 200
● Lack of appetite.	CARBO VEG 200
○ Lost vitality.	
○ Acidity.	
○ The simplest food distresses.	
○ Faint, gone feeling in the stomach.	
○ Great distension.	
○ Slowing down of digestive process.	

Overeating

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Indigestion, resulting from.	ANTIM CRUD 200
○ Glutton. Fond of pickles, acids. Indiscriminate eating.	
○ Foul eructations.	
○ Stinking wind.	

Pain/Colic

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Painful spot over stomach, from which pain radiates to all parts of the abdomen.	ARG NIT 200
○ Severe pain on account of hiatus hernia, below the centre of the rib cage.	
○ Painful swelling of pit of the stomach.	
○ Burning and constriction; ulceration of the stomach. Hyperacidity.	
● Pain in food poisoning.	ARSENIC ALB 200
○ Unbearable pain with burning in stomach upset.	
○ Pain on account of enlargement of liver and spleen.	
○ Black, bloody diarrhoea.	
○ Hot food relieves.	
○ Cold food disagrees.	
● Burning, cutting pain; distension in stomach.	BELLADONNA 200
○ Spasm of stomach. Pain as if clutched by a hand.	
○ Great thirst for cold water.	
○ Worse jar, pressure. Sensitive to even bedclothes.	
● Stitches in the region of gall bladder. Catarrh of gall bladder.	BERBERIS VULGARIS 30
○ Stitching pain in front of kidney, extending to liver, spleen, stomach, groin.	
○ Worse pressure.	
● Constrictive, ulcerative pain extending to chest with distension of abdomen. Flatulent colic.	CARBO VEG 200
○ Ulcers in the stomach; burning coals sensation.	
● Splenitis. Enormous enlargement of the spleen. Hypertrophy of the spleen. Pain on left side.	CEANOTHUS 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute duodenitis. Inflammation and pain of duodenum. Griping pain in region of navel and pain in the small of back.	CHAMOMILLA 200
○ Flatulence.	
○ Child in great agony.	
● Aching in umbilical region. Griping pain. Severe spasmodic intestinal pain.	CHIONANTHUS 30
○ Feels as if a string were tied in a 'slip-knot' around intestines, which was suddenly drawn tight and then gradually loosened.	
○ Pain in enlarged liver, enlarged spleen. Jaundice.	
○ Hepatitis pain.	
○ Gall stone colic.	
○ Constipation.	
● Colic with convulsions.	CICUTA 200
● Twisting pain about navel. Due to worms of any type.	CINA 200
● Agonising, cutting pain in abdomen, causing the patient to double over.	COLOCYNTHIS 200
○ Child doubles up and tosses in agony.	
○ Sensation as if stones were being ground together in the abdomen and that it would burst.	
○ Dysenteric stool each time some food is taken. Stool like jelly with foul odour.	
○ Colic and cramps in calves.	
○ Flatulence.	
○ Better from pressure, hard pressure.	
○ Worse from anger and indignation.	
● Stitches in the region of the liver, with weakness or coughing. Abscess of the liver.	HEPAR SULPH 200
○ Pain in Hepatitis.	
● Pain of amoebic dysentery with tenesmus. Cutting. Worse around navel. Nauseating.	IPECAC 200

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stitches in the region of liver and spleen, through to spine.	KALI BI 200
○ Cirrhosis of the liver.	
○ Chronic duodenitis.	
● Pain shooting across lower abdomen from right to left. Liver sensitive.	LYCOPODIUM 200
○ Chronic liver trouble. Brown spots on the abdomen. Dropsy.	
○ Chronic appendicitis.	
○ Flatulence downwards.	
● Flatulent colic, forcing patient to bend double.	MAG PHOS 200
○ Constant flatus. Belching of gas but no relief.	
○ Relief by warmth and pressure.	
● Pressure as of a stone several hours after eating. Colic. Pains so cutting that the patient feels forced to bend double.	NUX VOM 200
○ In persons leading an irregular life, eating, drinking and keeping late hours.	
● Excessive, excruciating colic radiating to all parts of the body.	PLUMBUM MET 30
○ Abdomen retracted as if pulled by a string to the spine.	
● Gastroenteritis with colic pain and bilious vomiting.	PODOPHYLLUM 200
○ Gushing, fetid stool. Yellowish stool. Painless. Early morning.	
○ Worse in summer.	
● Severe pain following abdominal operation.	STAPHYSAGRIA 200
● Terrible colic. Abdomen swollen. Cholera with nausea and copious vomiting.	VERATRUM ALB 1000
○ Sinking, empty, cold feeling in the stomach.	
○ Rice-coloured, thin, copious stool. Unbearable frequency.	
○ Collapse. Skin blue. Face pale. Cold sweat. Cold body.	

Also please refer 'PERITONITIS' below.

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Pancreatitis—Acute

Acute inflammation of the pancreas, a gland near the stomach which produces hormones as well as digestive juices.

The patient experiences severe abdominal pain which increases with the passage of time. An acute attack leads to rise in temperature, shock, low blood pressure, vomiting and clammy skin. This condition can be life-threatening and requires immediate medical attention. The patient has to be hospitalized.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Haemorrhaging pancreatitis. Rise in temperature.	BELLADONNA 200
● Burning distress in the region of pancreas.	IRIS VERSICOLOR 30
○ Vomit of sweetish water; greasy saliva.	
○ Diarrhoea watery, containing undigested food.	

Paralysis of Oesophagus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swelling pain. As if a hard-boiled egg is lodged in oesophagus.	ABIES NIGRA 200
● Spasm - as soon as food enters. Causes gagging and choking.	BARYTA CARB 200
● Can swallow liquids only.	BAPTISIA 30
● Constriction of oesophagus. Spasm prevents the food going down.	CACTUS 30
○ Intense pain.	
○ Face flushed red, going blue. Lips blue.	
● Paralysis of oesophagus and of pharynx - at the end of diphtheria.	CAUSTICUM 200
● Spasm. Effect from swallowing sharp pieces of bones.	CICUTA 200
● Food goes down some distance, then stops. Difficulty in swallowing.	CONIUM 200
● Spasmodic stricture of oesophagus. Inability to swallow food.	PHOSPHORUS 200
○ Swallowed food comes out as if from a pressure upwards.	

Also please refer 'CONSTRICTION' and 'OESOPHAGITIS' above.

Peritonitis

An inflammation of the lining of the abdominal cavity due to various causes. It is a very serious problem and requires expert medical attention and immediate hospitalization. It comes as an acute problem.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High fever.	ACONITE 30
○ Abdomen hot to touch.	
○ Burning, cutting, darting pain in bowels.	
○ Fear of death. Restlessness. Mental agony.	
○ Worse slightest pressure.	
● Distressing, aching soreness of abdomen which does not tolerate any pressure.	APIS 200
○ Sudden knife-like stabs through abdomen.	
○ Face puffy, bloated.	
● Peritonitis from injury, from a blow, after confinement.	ARNICA 200
○ Stomach distended, hard, swollen.	
○ Pain as if cutting into a wound.	
○ Worse right side.	
● Pain violent. Coming and going suddenly.	BELLADONNA 200
○ High temperature. Delirium, drowsiness, stupor.	
○ Abdomen distended, hot, tender to touch.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever with burning heat all over body. ○ Great thirst for large quantities of water. ○ Pain in abdomen, worse from pressure and movement.	BRYONIA 200
● Cutting pain as if from knives. Excessive colic. ○ Flatulence.	COLOCYNTHISIS 30

Roundworms

Please refer 'WORMS' below.

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Enlarged liver in cardiac cases. ○ The patient is hopeless, despondent.	AURUM MET 30
● Cirrhosis with dropsy of the liver. Hyperemia (abnormally large amount of blood present) of liver with jaundice. ○ Excessive indulgence in alcoholic drinks.	CARDUS MARIANUS 30
● Liver enlarged. ○ Jaundice due to hepatic and gall-bladder obstruction. ○ Dirty yellow colour of the eyes. ○ Copious, foaming, yellow urine. ○ Bright yellow, pasty stool.	CHELIDONIUM 30
● Liver and spleen swollen and enlarged. Hard. ○ Chronic liver problems. Pain on the right side. ○ Periodic increase in pain. Cannot bear the slightest touch. But hard pressure gives relief. ○ Jaundice. ○ Worse on exposure to cool draught.	CHINA 200
● Liver sore, enlarged. ○ Jaundice. Skin yellow. Conjunctiva yellow. ○ Urine dark, full of bile and sugar. ○ Constipation. ○ Stools yellow, pasty.	CHIONANTHUS 30
● Liver enlarged and sore. ○ Jaundice with heart disease.	DIGITALIS 200
● Dropsy due to chronic liver trouble. With flatulence. ○ Liver sluggish. ○ Brown spots on abdomen. ○ Pain from right to left.	LYCOPODIUM 200
● Acute hepatitis. Fatty degeneration of liver. Cirrhosis. ○ Jaundice. ○ Large yellow spots on abdomen.	PHOSPHORUS 200

Tapeworms

Please refer 'WORMS' below.

Taste Diminished

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Taste diminished, of all foods. ○ Due to indigestion. ○ In chronic cold. ○ Smell diminished.	PULSATILLA 30

Threadworms

Please refer 'WORMS' below.

Typhoid

Please refer under the chapter 'FEVERS'.

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Vomiting

For various reasons human beings may throw out food. Sometimes forcefully or violently.

For medicines please refer 'NAUSEA/VOMITING' above.

Wind

Please refer 'FLATULENCE' above.

Worms

Many types of worms grow in the abdomen. Usually children suffer from worms. Harmful organisms in contaminated food or drink enter the body through the mouth. In the digestive system, these worms lead to the passage of abnormal stool. Sometimes bits of worms are passed with each motion.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● For worms of any type. ○ Face pale and cold. Or red and hot. ○ Dark rings around eyes. ○ Loathing of food or great hunger. ○ Nausea, vomiting. ○ Restless sleep, with rolling of eyes. ○ Convulsions of head and limbs. ○ Constant rubbing of nose. ○ Grinding and smashing of teeth. ○ Itching of anus.	CINA 200 To be taken 4 times a day for a fortnight or more, till all adverse symptoms have disappeared.

Yellow Skin

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In liver problems. Jaundiced skin.	CHELIDONIUM 30
○ Liver enlarged. ○ Tongue yellow. Taste bitter. ○ Nausea. ○ Foaming, yellow urine.	
● In jaundice.	CHIONANTHUS 30
○ Liver enlarged, with constipation. ○ Urine is dark, full of bile and sugar.	
● In malignancy. Cancer of the stomach. Vomiting of bloody, slimy mucus.	CROTALUS H 200
○ Pain in the region of liver.	
● Complete jaundice. Dull pain in the region of the liver.	MYRICA 30
○ Bronze yellow skin. ○ Appetite lost. ○ Scanty, yellow, dark, frothy urine with bile.	
● Large yellow spots on abdomen.	PHOSPHORUS 200
○ Acute hepatitis. ○ Jaundice. ○ Jaundice disseminated through or produced by blood. ○ Cirrhosis. ○ Fatty degeneration of liver. ○ Pancreatic diseases.	

Eating and drinking take away appetite.

English Proverb

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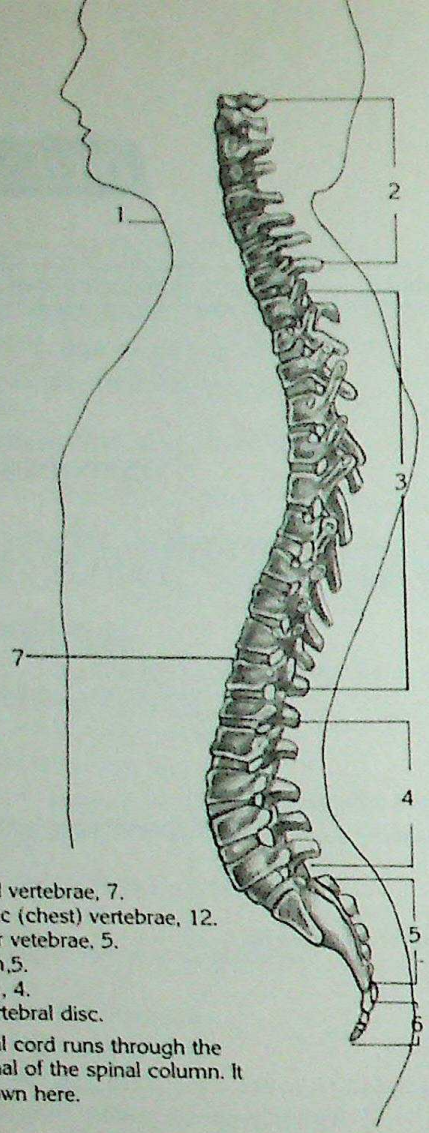
THE BACK & THE NECK



1. Neck
2. Cervical vertebrae, 7.
3. Thoracic (chest) vertebrae, 12.
4. Lumbar vetebrae, 5.
5. Sacrum,5.
6. Coccyx, 4.
7. Intervertebral disc.

The Spinal cord runs through the spinal canal of the spinal column. It is not shown here.

The back is the rear part of the human body, extending from the neck to the end of the spine. The neck is that part of the body which connects the head and the trunk. Their problems are interconnected because both these parts are interconnected.

From the neck to the lowermost part of the back extends the vertebral column, or spine. It consists of 33 bones or segments, known as vertebrae, consisting typically of a cylindrical body and an arch through which the spinal cord passes. The vertebrae in the region of the neck are known as cervical vertebrae. Lower down behind the ribs these are known as thoracic vertebrae. Just below but above the pelvis they are known as lumbar vertebrae. The spinal column ends in the sacrum and the coccyx.

Spinal nerves come out from small holes placed in the side of the vertebral column. Between the individual vertebrae lie discs varying in size according to the location. The disc itself consists of shock-absorbing fleshy material. The casing of the disc is made of tough fibres and contains a jelly-like substance.

Because of the fact that the spinal cord which is an important part of the central nervous system runs through the vertebral column, any dislocation of any part of the vertebral column can lead to pain.

At the base of the spinal column is the area known as the coccyx. Women have pain in this area after child-birth. Pain can also come if somebody falls on the buttocks or is injured by a blow to the coccyx. In women even otherwise the coccyx is least protected.

There would be very few people who have not suffered from backache at one time or the other in their lives. Backache is seldom a symptom of any serious disease. Usually some minor strain or injury causes backache. The lower part of our spine has excellent qualities of mobility and manoeuvrability. It can bend in all directions and can also rotate. Even a small upset in these movements can cause backache. Sometimes backache is caused by muscular inflammation or hurt in this region.

Quite often backache is caused by wrong posture while sitting, bending, lifting or carrying. Once the pain is there, it is worse by even slight movement; even a cough. Excellent medicines are indicated in the following pages for all problems relating to the back. But, the best medicine would be rest, as much as possible. Heat radiation to the painful area also helps.

The lower back is more often the area of pain because it is not supported by a strong bone formation as the rib cage above. The same is true of the neck. The human spine is never at rest. It is involved in effort all the time. To this one can add self-imposed burdens like excessive weight and the pleasant duty of being pregnant for a woman.

In the neck region of the spinal column an irreversible degeneration of the joints can lead to cervical spondylosis which causes pain and the movement of the neck becomes difficult. There is also tingling, pain and numbness in a finger or a hand.

At times the discs which lie between the vertebrae in the spine begin to bulge. This causes pressure on the nerves next to the bulging disc and generates pain and weakness in the muscles. A slipped disc in the lumbar region of the vertebrae can lead to sciatica or lumbago pain.

With advancing years a greater number of people suffer from backache and cervical spondylosis. Even otherwise the bones become weak with age. Take it easy, take rest and take proper medicine as indicated by your symptoms.

In all matters relating to the neck and the back the best advice is to adopt a correct posture while sitting, working or sleeping. Make sure that the spine is not bent beyond a reasonable extent. Be natural in your posture. Do not sit or stand with an awkward drooping posture. Do not walk with a careless gait. If you are suffering from backache, do not sleep on your stomach. Do not stoop to pick up things, to lift heavy objects and do not try to carry heavy articles by yourself. Your working chair should support the small of your back. Do not place a book on your knees and read it bending forward. Lift the book up and read it bending slightly backward. Carry loads evenly balanced in both arms. Sleep on a firm mattress. Reduce weight if you are over-weight.

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THE BACK & THE NECK

Backache/Lumbago Pain 194
Burning 195
Cerebro-Spinal Meningitis 195
Cervical Spondylosis 195
Coccydynia 196
Concussion 196
Cracking 196
Curved 196
Lumbago 196
Malignancy 196
Myelitis 196
Pain 196
Slipped Disc 196
Stiffness 197
Swelling 198

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Backache/Lumbago/Pain

Backache is a very common complaint but rarely a symptom of a serious disease. It usually results from wrong posture, from wrong lifting of weight or from strain or injury. Usually the middle or lower back is the seat of pain.

Backache is also known as Lumbago.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Backache relieved only by lying on abdomen.	ACETIC ACID 30
● Backache affecting sacrum, hips.	AESCULUS 30
○ Weak spine. Back and legs give out.	
○ Coccydynia: pain in the coccyx.	
○ Worse walking or stooping.	
● Pain in the lumbar region; with twitching of cervical muscles.	AGARICUS 200
● Pain in the back, as if tightened in a vice, when sitting.	AMMONIUM MUR 30
○ Icy coldness between shoulders.	
● Violent pain in sacro-lumbar region.	ANTIM TART 200
○ Sensation of heavy weight at the coccyx. Dragging down sensation all the time.	
○ The slightest effort to move causes retching, cold and clammy perspiration.	
● Severe pain caused by injury to the back, to the spine.	ARNICA 200
● Stitching pain in neck and back. In the region of kidneys; radiating from there around abdomen, hips and groin.	BERBERIS VULGARIS 30
○ Stitches from kidneys into bladder.	
○ Post operative pain in lumbar region.	
● Primary medicine for backache and pain in the neck with stiffness.	BRYONIA 200
○ Pain with stiffness in the small of the back.	
○ Also in the nape of the neck.	
○ Stiffness is a leading indication for Bryonia.	
○ Better on physical, strong, pressure.	
○ Worse on movement.	
● Colic in the back relating to damage to kidneys.	CALCAREA CARB 30
● Chronic lumbago in the lumbar region.	CALC FLUOR 30
● Violent backache in late menstruation with dark blood.	CALC PHOS 30
● Unendurable pain in loins and hips. Disproportionate to cause.	CHAMOMILLA 200, 1000
○ Numbness.	
○ Temper foul. Restlessness.	
● Pain in nape. Stiff neck, head drawn to left.	CHELIDONIUM 30
○ Fixed pain under inner and lower angle of right scapula.	
● Pain as if being stabbed with knives in the back.	CHINA 200
○ Sharp pain across kidneys.	
○ Worse at night. Worse movement.	
● Back bent backwards like an arch.	CICUTA 200
○ Jerking, tearing in coccyx, especially during menses.	
○ Spasms and cramps in muscles of nape of neck.	
● Rheumatic pain in back, neck, lumbar, sacral region, down thighs and through hips.	CIMICIFUGA 200
○ Excellent for cervical spondylosis.	
● Pain in back and sacrum.	COBALT 30
○ Backache after coitus.	
○ Better walking or lying down.	
○ Worse while sitting.	
● Pain in shoulders and arms as if injured.	COCCULUS 30
○ Cervical vertebrae crack when head is moved.	
○ Paralytic pain in the small of the back.	
● Pain in the back, from incarcerated flatulence. Pain from abdomen to back and down into the sacrum.	COCHLEARIA 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain at the base of the spine, caused by a shock, by a jolt.	CONIUM 200
○ Coccydynia.	
● Painful weakness and dragging in sacrum of women. Suppressed menses. Uterus prolapsed.	HELONIAS 30
○ Tired, strained muscles burn and ache.	
● On injury to coccyx. Severe pain.	HYPERICUM 200
○ Spinal concussion.	
○ Injury to nerves in the spine.	
○ Coccydynia.	
● Pain in the coccyx. Neuralgic pain. Must sit perfectly still.	LACHESIS 200
○ Worse rising from a sitting posture.	
● Pain in the lumbar region. In small of back. Pain and stiffness.	RHUS TOX 200
○ Caused by exposure, lying on damp sheets, getting drenched in sudden rain while doing strenuous, perspiring jobs. Or by strain.	
○ Better temporarily on motion.	
○ Backache better lying on hard surface.	
○ Main remedy when there is temporary relief on motion.	
● Pain in lumbar vertebrae, pain in coccyx, as from a fall, as from a blow.	RUTA 200
● Backache due to flatus which cannot escape.	STAPHYSAGRIA 200
○ Worse in the morning, before rising.	

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constant burning in the region of the kidneys. Can trace outline.	HELONIAS 30
○ Back tired, painful.	
○ Pain running into legs.	
○ In exhausted women with dragging weight in sacrum and pelvis.	
○ Better exercise.	

Cerebro-Spinal Meningitis

An acute inflammation of the meninges of the spinal cord and the brain. There is high fever. It is a serious condition.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With delirium. Acute cerebral infection. Shrill cries in sleep.	APIS 200
○ Acute. Dropsy of brain following acute diseases.	
○ Chronic jerking of the head.	
○ Severe headache.	

Also refer 'MENINGITIS' under the chapter 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN'.

Cervical Spondylosis

There is pain and stiffness in the spinal column in the region of the neck. At times cervical spondylosis is accompanied by slipped disc in the neck. Pain is severe on moving the neck. A sensation of numbness and tingling is experienced in the fingers.

For medicines please refer 'BACKACHE/LUMBAGO/PAIN' and 'STIFFNESS' in this chapter, particularly the medicines, 'CHELIDONIUM', 'CICUTA' AND 'CIMICIFUGA'. BRYONIA plus CIMICIFUGA very effective.

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Coccydynia

At times after an injury to the coccyx,pain develops at the base of the spine. The pain increases when the patient is sitting. More women suffer from Coccydynia than men.

For medicines please refer 'BACKACHE/LUMBAGO/PAIN' above.

Concussion

Injury to the spinal cord, brain, from a fall, a blow etc. Shock caused by a collision, by a blow.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe concussion to spine. Nerves damaged. ○ Injury to spine of women during labour. ○ Coccyx turns black. Abscess. ○ Excruciating pain. ○ Prevents inflammation.	HYPERICUM 200

Cracking

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cracking of cervical vertebrae when moving head.	COCCULUS 30

Curved

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Back bent backwards like an arch.	CICUTA 200

Lumbago

An excruciating pain in the lumbar region of the back. It is experienced when lifting something or stooping. At times it is followed by sciatica. It may have a connection with a slipped disc.

For medicines please refer 'BACKACHE/LUMBAGO/ PAIN' above.

Malignancy

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Glands of neck,malignant diseases of.	CISTUS CAN 30

Myelitis Inflammation of the spinal cord.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inflammation, pain and stiffness in the small of the back. ○ Stiffness of the nape of the neck. ○ Better motion, lying on a hard surface. Temporary relief on motion.	RHUS TOX 200

Pain Please refer 'BACKACHE/LUMBAGO/ PAIN' above.

Slipped Disc

With age, the spinal discs begin to degenerate and protrude from their positions between vertebrae. This protrusion causes pressure on different nerves, generating pain in the area served by that nerve.

The pain in case of slipped disc is severe and is made worse by bending, or getting up from a sitting position. There is numbness in the lower part of the leg and the outer part of the foot.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain with numbness and tingling in the feet and legs.	ACONITE 30
○ Hip-joint and thigh feel lame, especially after lying down.	
○ Acute, sudden onset.	
● Gradual onset of pain. Violent pain in sacro-lumbar region.	ANTIM TART 200
○ Sensation of a weight at coccyx. Dragging down sensation all the time.	
● Stitching pain in the neck and back.	BERBERIS VULGARIS 30
○ Stiffness. Difficult to get up.	
○ Numbness in leg and foot.	
● Stiffness. Stitching pain.	BRYONIA 200
○ Worse by movement, by bending, coughing, straining.	
● Slipped disc in the neck. Stiffness.	CIMICIFUGA 200
○ Rheumatic pain in the back, neck, lumbar region, down thighs and through hips.	
● Severe pain in the lower back which spreads down one or both legs.	COLOCYNTHIS 30
○ Stiffness of joints.	
○ Numbness with pain.	
● Pain in lumbar region, in coccyx, with stiffness.	RHUS TOX 200
○ Pain better temporarily on movement, on change of position.	
○ Better lying on a hard surface.	

Stiffness

Difficulty in bending or flexing resulting in pain on making such an effort. Uncomfortable rigidity of a part of the body.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stiff neck, swelling of glands of neck.	BELLADONNA 200
● Tearing pain in the back, with stiffness. Rising difficult.	BERBERIS VULGARIS 30
○ Post-operative pain in lumbar region.	
● Stiffness with pain in nape of neck.	BRYONIA 200
○ Stiffness with stitching pain in the small of the back.	
○ Worse on movement.	
● Stiffness and pain in neck and throat. Muscles feel as if bound with ropes. Can scarcely move his head.	CAUSTICUM 200
○ Chronic rheumatic pains; tearing, severe.	
○ Deformed joints.	
○ Worse dry weather.	
● Painful stiffness in the neck. Head bent left.	CHELIDONIUM 30
○ Fixed pain under inner and lower angle of right scapula.	
● Stiffness of the cervical muscles. Spondylosis. Spasm and cramps in muscles of nape of neck.	CICUTA 200
○ Back bent backwards like an arch. Curved limbs cannot be straightened, nor straight ones bent.	
● Stiffness and contraction in neck and back.	CIMICIFUGA 200
○ Spine very sensitive, especially the upper part.	
○ Cervical spondylosis. Severe pain.	
○ Numbness and tingling in fingers.	
● Stiff neck; painful back; from catching cold in damp, cold weather.	DULCAMARA 200
○ Limbs weak.	
● Rheumatism of the neck. Pain, stiffness in neck as if dislocated.	LACHNANTES 30
● Cervical muscles rigid. Sharp pain in neck.	STRYCHNINUM 30
○ Icy sensation down spine.	
○ Back stiff.	

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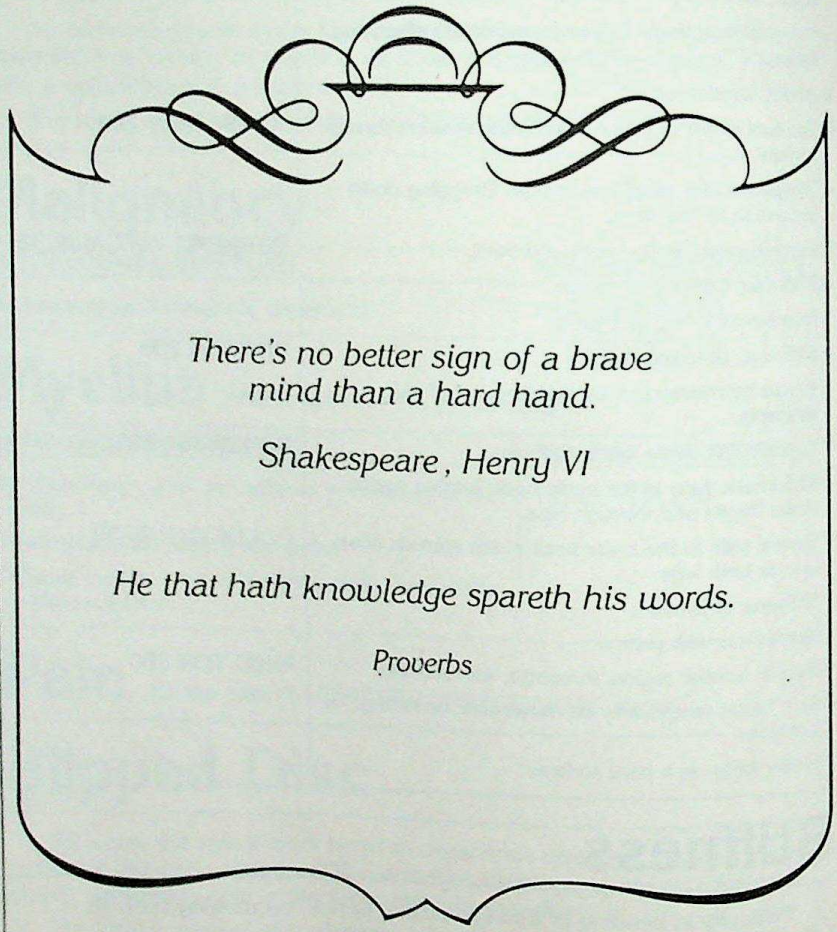
Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swollen glands in nape of occiput.	BARYTA CARB 200
● Cervical glands enlarged and hardened.	HECKLA LAVA 30
● Swelling of veins of neck.	OPIUM 200
● Cervical glands cold, swollen and hard.	SILICEA 200
○ Diseases of the bones of the spine.	

Nothing ages a man faster than trying to prove he's still as young as ever.



There's no better sign of a brave mind than a hard hand.

Shakespeare, Henry VI

He that hath knowledge spareth his words.

Proverbs

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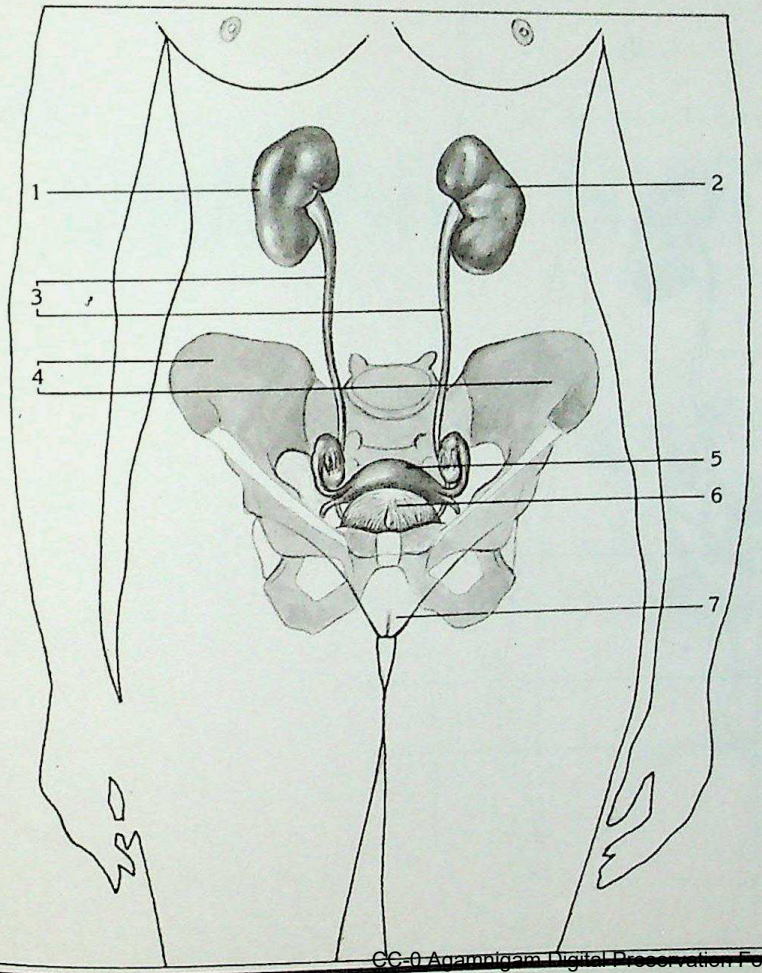
THE URINARY SYSTEM

1. Right kidney
2. Left kidney
3. Ureter
4. Hip bone
5. Uterus
6. Urinary bladder
7. Urethra



The urinary system in the human body performs the function of removal of chemical wastes, excess water etc. from the body in the form of urine. These wastes are produced when enzymes act upon various nutrients to release the energy which comes out of the food human beings take.

The function of filtering the waste products along with excess water is carried out by the kidneys, where these chemicals are brought in by the blood-stream. If, for some reason, these waste chemicals and the excess water are not taken out of the body life can be threatened.

The urinary system as such is made up of the kidneys, the ureters, the bladder and the urethra. There are two kidneys. These produce urine when they filter the blood. All the waste products are filtered away. The blood-levels of water, salts and acid are kept at a proper and constant limit by the kidneys. These are situated on either side of the spinal cord immediately above the waist. A million filtering units called glomeruli carry out the purification of blood, and the waste product, called urine, passes through the middle of the kidney into the ureter, which is a narrow pipe carrying the urine from each kidney down to the bladder. Situated in the lower abdomen the bladder is a sort of storage tank from where urine is released from time to time through the urethra. The purification of blood takes place round the clock and a little less than 1.5 litres of urine are passed in a period of 24 hours from the human body.

In women the length of the urethra is short. It lies above the vagina. In men this length is larger and the urethra passes through the prostate gland and the penis. The male urethra serves two functions, those of carrying urine as well as semen.

The urinary system is subject to a number of disorders. The kidneys can be inflamed or damaged by external injury. The filtering mechanism can be affected thus reducing its efficiency and ultimately leading to kidney failure.

The formation of stones in the kidneys causes terrible pain because the ureters are hurt when stones pass through them. The urinary tract can also suffer from cancer or from benign tumours.

Women are subject more to urinary infection because their urethra is smaller in length than that of men and the infecting bacteria which come from the bowels have a smaller distance to travel. The inflammation of the bladder is known as cystitis.

An enlarged prostate gland leads to trouble in the flow of urine and the retained urine affords an opportunity to bacteria to multiply rapidly.

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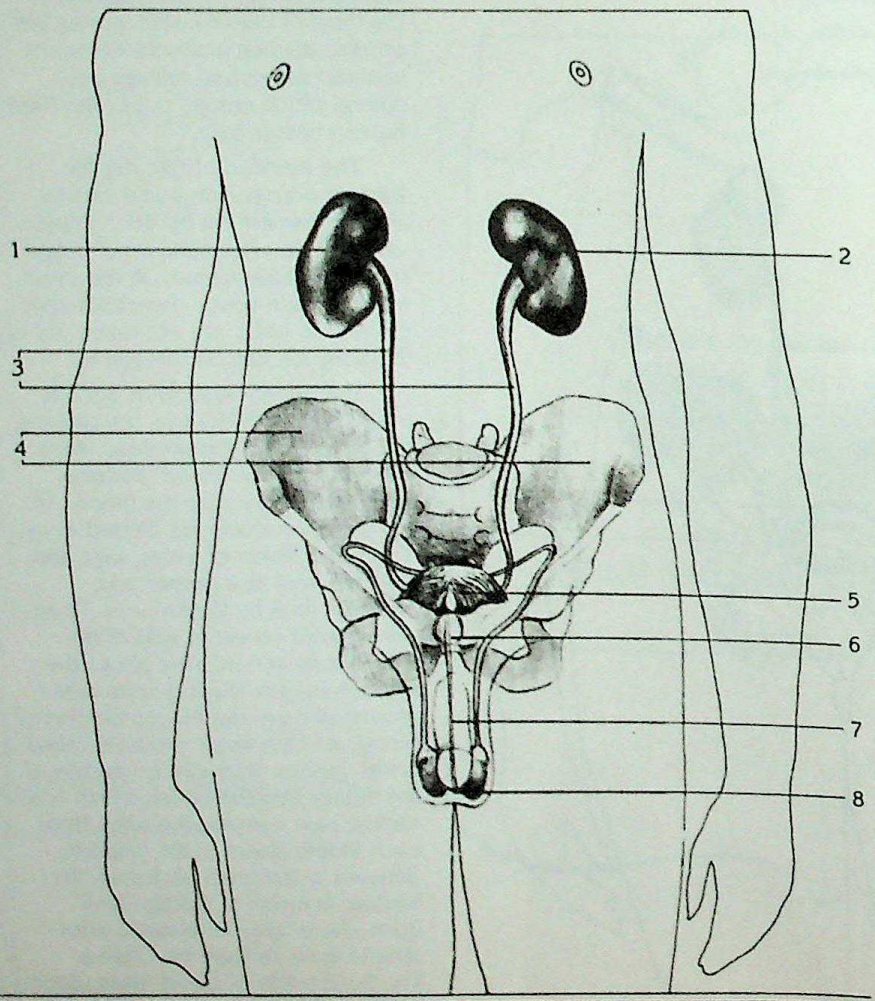
Bladder infection can travel to the kidneys. This leads to a serious situation and, therefore, must be attended to at the earliest.

Bladder control is exercised by nerves and the brain. An injury to the brain or to the spine can lead to loss of bladder control.

A severe pain in the lower part of the back beneath the rib cage can be a warning of an infection of the urinary system. Passing blood in urine, too, is a serious matter. Total stoppage of urine is an emergency and should be treated as such.

Cleanliness is a must to keep the urinary system free of infection. The genitals must be washed frequently and properly. Women should make sure to wipe from urethra downwards and not vice versa after passing stool.



1. Right kidney
2. Left kidney
3. Ureter
4. Hip bone
5. Urinary bladder
6. Prostate gland
7. Urethra
8. Urethral opening

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THE URINARY SYSTEM

Bed Wetting 202
Blood in Urine/Inflammation of Kidneys 202
Bright's Disease 202
Burning 202
Colour/Sediment 203
Convulsions - Uraemic 203
Diabetes Mellitus 204
Difficult/Constriction/Retention 205
Enuresis 205
Inability to control/Incontinence 205
Inflammation of Kidneys 206
Kidney stones 206
Nephritis/Bright's Disease 206
Nephrosis 207
Newborn - Stoppage of Urine 207
Odour 207
Old People 207
Pain 208
Prostatitis 208
Pus 208
Stones in bladder. Kidney 208
Tenesmus 209
Urethritis 209

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Bed Wetting

In some children, the nervous system which controls the movement of the bladder matures rather slowly. Hence, even after the age of 3, they continue to pass urine at night in bed.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● The urine passed by the child is of repulsive odour. Its colour is changeable. Often it is brown. ○ Involuntary discharge of urine at night.	BENZOIC ACID 30, 200 4 times a day for a fortnight or more. If cure occurs earlier stop 3 days thereafter.
● Involuntary urination during the first part of the night when it is difficult for a child to wake up owing to deep sleep. ○ Offensive urine.	KREOSOTE 200

Blood In Urine/ Inflammation of Kidneys

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In nephritis or inflammation of the kidney. ○ Intolerable urging and tenesmus. ○ Burning urine.	CANTHARIS 200
● Bleeding on account of urinary stone. ○ Brick red sediment. ○ Severe pain from kidney to bladder.	COCCUS CACTI 30
● Acute Bright's disease. Albuminuria and high blood pressure. ○ Blood in urine. Turbid brown urine. Red sediment.	PHOSPHORUS 200
● Bloody urine. ○ Calculi. ○ Strangury, that is, slow and painful discharge of urine. ○ Odour of violets. ○ Burning pain in the kidney region in the back. ○ Inflammation of kidney following any acute disease.	TEREBINTHINA 30

Also please see 'NEPHRITIS' below and 'BLEEDING' under the chapter 'MISCELLANEOUS'.

Bright's Disease

Urinary problem characterised by the presence of albumin in the urine and increased blood pressure.

For medicines please refer 'BLOOD IN URINE etc' above and 'NEPHRITIS etc' below.

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Scalding urine. ○ Scalding extending to bladder. ○ Acute stage of gonorrhoea. Mucus and pus in urethra.	CANNABIS SATIVA 30
● Violent paroxysms of burning and cutting in the renal region. ○ Painful urging to urinate. ○ Urine scalds. ○ Is passed drop by drop. ○ Blood in urine.	CANTHARIS 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning and pain in urethra, with frequent desire. ○ Sharp pain in loins. ○ Heavy deposit of mucus. ○ Profuse deposit of white amorphous salts. ○ Calculus. ○ Renal colic. ○ Bloody urine.	HYDRANGEA Mother tincture 10 drops, 4 times a day
● Urine scalds urethra. Smarting a long time after passing. ○ Even a drop of urine burns to touch. ○ Great quantities of colourless urine. ○ Must hurry.	SULPHUR 200
● Burning pain in kidney region. ○ Inflammation, specially of the right kidney, after any acute disease.	TEREBINTHINA 30

Colour/Sediment

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Red, hot, painful and scanty. ○ Retention with screaming and restlessness. ○ Burning. Tenesmus.	ACONITE NAP 30
● Albuminous. Globules of pus and blood.	ARSENIC ALB 200
○ Scanty, burning, involuntary urine. Bladder as if paralysed. ● Dark, turbid, loaded with phosphates. ○ Acute urinary infection.	BELLADONNA 200
● Red, brown, colour of beer. Scanty. Hot.	BRYONIA 200
● Dark brown, sour, fetid with white sediment and blood.	CALC CARB 30
● Almost black. With diabetes.	CARBOLIC ACID 30
● Yellow urine; like beer, profuse, foamy. In jaundice. Dark, turbid.	CHELIDONIUM 30
● Very dark urine. Bile and sugar in urine. Liver enlarged and jaundiced. ○ Jaundice with diabetes mellitus.	CHIONANTHUS 30
● Urinary calculi. Brick red sediment. ○ Severe pain from kidney to bladder.	COCCUS CACTI 30
● Increased acetones and acetoacetic acid in urine.	CUP ARS 30
● Dark red sediment with throbbing pain at the neck of the bladder.	DIGITALIS 30
● Urine loaded with sugar. Diabetes mellitus. ○ Thirst. Voracious hunger. ○ Rheumatic pain in joints.	LACTIC ACID 30 Over a long time or 200 once a day.
● Heavy red sediment with backache in renal region.	LYCOPODIUM 200
● Albuminuria of pregnancy. Specific for.	MERC COR 30
● Bright red urine in the morning. Copious. Soon becomes turbid. ○ Copious red sediment. ○ Diabetes.	NAT SULF 30
● Brick-dust red or yellow sediment. Odour of musk. ○ Cramps in kidneys.	OCIMUM CANUM 30
● Profuse milky urine with diabetes.	PHOSPHORIC ACID 30

Convulsions - Uraemic

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Uraemic. Brain oedema. Vertigo. ○ Deficient kidney functioning. ○ Unconsciousness. ○ Increased acetones and acetoacetic acid in urine.	CUP ARSENITUM 30

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Diabetes Mellitus

When the pancreas does not produce sufficient insulin, the body cannot use sugar and starch properly. Sugar accumulates in the blood and the tissues. This leads to certain defects in various parts of the body.

In non-insulin dependent diabetes, although the body produces almost enough of insulin, the body cells are not able to use it effectively.

The first symptoms of diabetes are abnormal thirst and abnormal passing of urine, both day and night. The taking of fluids does not reduce the feeling of thirst. The vision is blurred. Fatigue overtakes. When there is no insulin or it is less than what is required, the appetite increases. Yet there is a weight loss. In men the penis itches. In women, there is itching in the vulva.

The patient develops ulcers on the feet. He experiences numbness in the hands and the feet.

Diabetes is not curable; but, it is controllable. Expert medical advice must be obtained. A controlled diet is of great help. However, the medicines given below would help.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Copious urine with or without sugar. ○ Abundant sugar. ○ Great thirst but a cold drink feels heavy on stomach. ○ Pale,waxen skin. ○ Gangrenous ulcers. ○ Extreme prostration.	ACETIC ACID 30
● Copious urine. Milky colour. Contains lot of sugar. ○ Nervous temperament. ○ Debility. Bruised feeling in muscles. ○ Boils. ○ Excellent in early stages. ○ Worse at night.	ACID PHOS 200
● Swelling of feet and scrotum. ○ Face pale and sallow. Emaciation. Great weakness. ○ Profuse, turbid, sweetish urine. ○ Disposition to gangrene.	ARGENTUM MET 30
● Diabetic patient dwindling fast. Loses strength. ○ Dry, brittle, scaly skin. ○ Mouth, tongue, trachea dry. ○ Thirst unquenchable. ○ Appetite lost.	ARSENIC ALB 200 To be used alternately with SYZYGIUM JAMBOLANUM
● Frequent urination. ○ Unquenchable thirst. ○ Emaciation and great weakness. Skin pale. ○ Disposition to gangrene.	ARSENIC BROMATUM Mother tincture 5 drops 5 times a day in water.
● Urine loaded with sugar. Diabetes mellitus. ○ Thirst; voracious hunger. ○ Rheumatic pain in joints.	LACTIC ACID 30, 200
● Copious urine of low specific gravity. ○ Urine pale, albuminous. ○ Constant dribbling.	RHUS AROMATIC Mother tincture 15 drops 4 times a day.
● This medicine leads to diminution and disappearance of sugar in urine and blood to a remarkable extent. ○ Diabetic ulceration. ○ Copious urine. Specific gravity high. ○ Great thirst. ○ Weakness; emaciation.	SYZYGIUM JAMBOLANUM Mother tincture 15 drops 4 times a day.

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Difficult/Constriction/ Retention

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Retention with screaming. ○ Urine red, hot and painful. ○ Restlessness.	ACONITE NAP 30
● Muscles of bladder paretic. Must urge to stool in order to pass urine.	ALUMINA 30
● Retention with acute urinary infection. Urine dark and loaded with phosphates.	BELLADONNA 200
● Constriction of the neck of the bladder with retention of urine. Iron band constriction. ○ Painful urination. Spasmodic.	CACTUS 30
○ Blood in urine; clots. ● Retention although the bladder is full.	CAMPHOR 30
○ Burning in the bladder and urethra. ● Retention with obstinate constriction.	CANNABIS SATIVA 30
● Difficult to pass urine. Scanty. Must strain. Must stand with feet wide apart and body inclined forward. ○ Acute prostatitis. ○ Sugar in urine. Muddy, offensive urine; has ropy, bloody mucus. Copious sediment.	CHIMAPHILA UMB 30
○ Urinary problems of chronic alcoholics. ● Constant urge to pass urine.	DIGITALIS 30
○ Dropsy. Enlarged prostate. ● Stoppage of urine. Passing very slow and difficult. ○ Prostatic hypertrophy. ○ Acute uraemia. ○ Chronic uraemia.	MORPHINUM 30
● Urine stopped after fright. ● Acute prostatitis. Pain and tenesmus in passing urine. ○ Worse lying on back.	OPIUM 200 PULSATILLA 200

Enuresis

Involuntary discharge of urine at night.

For medicines, please refer 'INABILITY TO CONTROL etc' below.

Inability to Control/ Incontinence

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inability to control. ○ Scanty, highly coloured urine. ○ Stinging pain. Last drops burn and smart. ○ Inflammation of the kidneys.	APIS 200
● Urine passes unconsciously day and night. ○ Splinter pain in urethra. ○ Urine scanty and dark. ○ Inflammation of urethra. Painful. Burning. Itching.	ARG NITRICUM 200
● Involuntary discharge of urine at night; repulsive odour. Colour of urine variable. Brown. ○ Bed wetting in children. Sure remedy.	BENZOIC ACID 30
● Involuntary discharge of urine. ○ Dark brown, fetid and bloody urine.	CALC CARB 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Intolerable urging and a never-get-done feeling. Constant desire.	CANTHARIS 200
○ Scalding urine.	
○ Severe cutting pain before, during and after urination.	
● Nocturnal, involuntary discharge in children with worms.	SILICEA 200
○ Red, yellow sediment.	

Inflammation of Kidneys

Please see 'BLOOD IN URINE etc' above.

Kidney Stones

Hard, soft, sharp or smooth stones present in one or both the kidneys.

Excruciating pain is experienced in some cases with nausea, vomiting, chills and sweating. Blood is passed in urine and the frequency of urine increases. The pain is sudden, severe and low down in the back reaching to the abdomen and groin.

Severe pain on account of kidney stones requires immediate medical attention.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● An excellent remedy for renal colic. Pain extends from left kidney to urethra. Burning, cutting and stitching pain in bladder and urethra.	BERBERIS VULGARIS 30
○ Constant urge to pass urine.	
○ Urethra burns when not urinating.	
○ Bright red sediment. Urine hot, dark or bright yellow or blood red.	
○ Worse while sitting or lying.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Renal colic. Pain extending down right side to bladder.	LYCOPODIUM 200
○ Frequent urge to pass urine.	
○ Urine scanty, highly coloured. Red sand sediment.	
○ Severe backache; relieved by passing urine.	
○ Abdomen bloated, rumbling.	
● Violent pain in the bladder and in the back. Renal colic.	PAREIRA BRAVA 30
○ Black, bloody urine, thick with mucus.	
○ Constant urging. Great straining. Yet urine comes in drops. Sensation as if the bladder was full.	
● Stone in kidney. Urine thick.	URTICA URENS 30
○ This medicine can quite often expel gravel and stone from kidney.	

Also please refer 'PAIN' below.

Nephritis/Bright's Disease

An acute as well as chronic infection of that part of the kidney that filters the waste products of the blood.

The symptoms are mostly seen in urine which contains substances, particularly albumin, which have been leaked into it from the damaged filter-bed of the kidneys.

In acute cases, the colour of the urine is red or smoky. The face is puffy. There is severe headache and backache.

In chronic cases, the face and the limbs are swollen. Urine is passed in large quantities. The patient is always thirsty.

Both the conditions require immediate medical attention. Chronic nephritis can lead to kidney failure.

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Cervicitis

An inflammation of the neck of the uterus usually with infection. There is vaginal discharge, white or yellow, green or occasionally brown. There is pain low down in the back.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inflammation of the neck of the uterus. Redness. Granular ulceration of womb.	HYDROCOTYLE 30
○ Heat within vagina. Intense itching.	
● Burning and soreness in the uterus. Inveterate ulcers on cervix which bleed easily. Fetid, acrid discharge.	KREOSOTUM 30

Climacteric/Menopause

Please refer 'MENOPAUSE/CLIMACTERIC' below.

Coldness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Vagina cold as if packed with ice.	BORIC ACID 30
○ Climacteric flushings.	

Constriction/Vaginismus/ Coitus Painful

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constriction of vagina. Prevents coitus.	CACTUS mother tincture 10 drops, 4 times a day.
○ Painful vaginismus. Iron band feeling.	
● Vaginismus. With prostration and weakness.	GELSEMIUM 200
○ Dull. Wants to be left alone in peace.	
● Vagina dry. Coitus painful.	LYCOPODIUM 200
○ Vaginismus with constriction.	
○ Constipation.	
○ Emaciation.	
○ Mammae hardened.	

Convulsions

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● During menstruation or labour pains. Violent onset. All muscles tremble, quiver and jerk.	HYOSCYMUS 200
○ Cramps in sleep. Cramps in toes and calves.	

Cystitis *Inflammation of the urinary bladder*

The lining of the bladder gets inflamed in newly married women. Sometimes in pregnant women also. In acute cystitis urine passes with pain in the urethra. The quantity of the urine increases. There is severe tenesmus. Control is almost lost. The urine may at times have blood in it.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cystitis with pus, mucus and tenesmus.	ASPARAGUS 200
○ Burning. Fine stitches in the orifice of the urethra.	
○ Has to pass urine again and again.	
● Intolerable tenesmus.	CANTHARIS 200
○ Scalding urine. Cutting pain before, during and after urine.	
○ Bloody urine.	

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Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stinging pain and stoppage of urine. ○ Highly coloured. Scanty. ○ Last drops burn and smart.	APIS 200
● Splinter pain in urethra. Inflammation. Burning. ○ Urine passes unconsciously day and night. ○ Scanty and dark.	ARG NIT 200
● Fine stitches in the orifice of the urethra. ○ Frequent passage of urine.	ASPARAGUS 30
● Pain in the thighs and loins on urinating. ○ Kidney sore. ○ Desire to urinate frequently. ○ Urethra burns when not urinating. ○ Thick mucus. Bright red sediment.	BERBERIS VULGARIS 30
● Pain in urethra on account of carbuncle. Obstinate constriction. Pus in urethra.	CANNABIS SATIVA 30
● Violent spasms of cutting pain and burning in the whole renal region. ○ Painful urge to urinate. ○ Scalding urine. ○ Pain before, during and after urination.	CANTHARIS 200
● Throbbing pain at the neck of the bladder as if a straw is being thrust back and forth.	DIGITALIS 30
● Renal colic. Calculi. Bloody urine. Heavy mucus.	HYDRANGIA 30 mother tincture
● Renal colic with black, bloody urine, thick with mucus. Catarrh of the bladder. ○ Constant urging. ○ Great straining. Pain down the thigh. ○ Inflammation and itching in urethra. Urethritis. With prostatic trouble.	PAREIRA BRAVA 30
● Renal colic. Pain from right kidney downwards. Severe pain during and at conclusion of urination. ○ Child screams before and while passing urine. ○ Urine slimy, scanty, bloody. Passes in thin, feeble stream.	SARSAPARILLA 30

Prostatitis

Please see the chapter 'THE MALE GENITAL SYSTEM'.

Pus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pus with cystitis. Mucus and tenesmus. ○ Burning, stitching pain in urethral opening.	ASPARAGUS 30
● Thick mucus with bright red sediment. ○ Burning continuous in urethra. ○ Frequent urination. ○ Kidneys sore.	BERBERIS VULGARIS 30
● Pus and mucus in urethra. ○ Obstinate constriction.	CANNABIS SATIVA 30
● Urine scanty but loaded with ropy mucus; purulent sediment. Blood mixed with mucus. ○ Acute prostatitis.	CHIMAPHILA UMB 30
● Heavy deposit of mucus. ○ Burning pain in urethra. ○ Frequent desire.	HYDRANGEA Mother tincture 10 drops in water 4 times a day.
● Ropy, green mucus in urine. ○ After urinating, a drop seems to remain which cannot be expelled. ○ Pain in coccyx before making water; relieved thereafter.	KALI BI 200

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Stones in Bladder, Kidney

Excess of salt in the blood-stream or infection of the urinary tract can cause formation of stones in the bladder or kidney. A stone on its journey from the kidney to the bladder and onwards causes excruciating pain spreading to the vulva,or scrotum,as the case may be. The pain is spasmodic.

For medicine, please refer 'KIDNEY STONES' above.

Tenesmus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe, persistent tenesmus of bladder. ○ Bloody, greenish discharge. ○ Tenesmus of rectum present. ○ Bloody, hot and slimy dysentery.	MERC COR 30

Urethritis

An inflammation of the urethra in men or in women.

In women, the problem is usually acute because the length of the urethra is small. There is a burning sensation in passing urine. There may be white or yellow discharge from the vagina. Women suffer pain during intercourse.

In men, there may be discharge of pus from the penis.

For medicines, please refer 'BURNING', 'PAIN' and 'PUS' above and 'GONORRHOEA' under 'THE FEMALE GENITAL SYSTEM'.

URETHRITIS is also listed under 'THE FEMALE GENITAL SYSTEM' and 'THE MALE GENITAL SYSTEM'.

Usefulness of Exercise:

Next to food, exercise is the most essential requirement of the animal mechanism — it is that which winds up the machinery. Exercise and good air alone set all the humours in our body in motion to fill their appointed places, and compel every secreting organ to give off its specific secretions, give power to the muscles and to the blood its deepest red colour; they refine the fluids so that they penetrate easily into the most minute capillary vessels, strengthen the heart beats and bring about healthy digestion. They alone best invite us to rest and sleep, which is a time of refreshment for the production of new spirit and energy.

Dr. S. HAHNEMANN,
in "Friend of Health"

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gonorrhoea with terrible pain.	ARS SULF FLAVUM 30
○ Copious discharge; yellow pus.	
○ Burning day and night along entire urethra.	
○ Restlessness.	
● For acute gonorrhoea.	CANNABIS SATIVA 30
○ Urethra blocked by pus and mucus. Burning, smarting and swelling in urethra.	
○ Walks with legs apart because urethra is sensitive, painful.	
○ Stitching pain, worse at the end of urination.	
○ Tenesmus.	
○ Urine white and turbid.	
● Chronic gonorrhoea with yellowish, greenish discharge.	NATRUM SULPH 200
○ Inflammation of prepuce in men.	
○ Itching of genitals.	
● Burning in urethra during and after passing of urine.	PULSATILLA 30
○ In men stricture in urethra. Urine passes only in drops.	
○ Pain and tenesmus in urination.	
○ Worse when lying on back.	
● Chronic gonorrhoea.	SILICEA 1000 One dose a day.
○ Purulent, bloody discharge from urethra. Pus is thick, fetid.	
○ One of the best medicines available for gonorrhoea.	

Hemicrania

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hemicrania after menopause. Pain comes in terrible shocks. Uncontrollable jerks of head.	SEPIA 200
○ Bearing down sensation.	
○ Flushes of heat, perspiration and faintness.	
○ Lacks stamina. Feels cold even in a warm room.	

Hysteria

Please see 'HYSTERIA' in 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN'.

Irregular Menstruation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Irregular menstruation. Irregularity of time and quantity.	NUX MOSCHATA 30
○ Menses too long, dark, thick.	
○ Bloody leucorrhoea.	
○ Suppressed menstruation with fainting attacks coming persistently. Drowsy all the time.	
● With black blood.	NUX VOMICA 200
○ Starting too early and lasting too long.	
○ Menstrual cycles overlap.	
○ Irascible temperament.	
● Menstruation suppressed from fright.	OPIUM 200
● Scanty, irregular, painful. Delayed. Suppressed.	PULSATILLA 200
○ Start, stop, flow, stop.	
○ Blood thick, dark, clotted.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Profuse, painful menstruation. ○ Too early. ○ Pain as from hot wires in the pelvis. Burning. ○ Restlessness.	ARSENIC ALB 200
● Increased flow of menstrual blood. ○ Too early, too profuse. ○ Blood bright red and hot. Foul smelling. ○ Painful menstruation. Pain comes suddenly, violently; goes suddenly. ○ Duration short.	BELLADONNA 200
● Menstruation too profuse, too early with membranous shreds.	BROMUM 30
● Menstruation too profuse, too long, too early, with vertigo, with toothache. ○ Cold, damp feet. ○ Milky leucorrhoea. ○ Heavy sweating on vulva.	CALC CARB 30
● Non-stop menstruation. Dark blood. One period runs into another. ○ Debility. Prostration.	CARBO VEG 200
● Profuse flow of dark blood from uterus with labour-like pains.	CHAMOMILLA 200
● Profuse menstruation. Too early, very painful. ○ Dark clots with abdominal distension. ○ Bloody leucorrhoea.	CHINA 200
● Menstruation so profuse as if blood is running out. Prolonged. ○ Blood bright red in colour. ○ Uterine haemorrhages caused by lifting a weight or otherwise.	CINAMONUM 30

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Large clots of dark blood via vagina,while passing urine. ○ Menses early, profuse, black and thick. ○ Stops, starts, stops, starts again.	COCCUS CACTI 30
● Haemorrhage from uterus — clots with long strings. ○ Menstrual blood dark, frequent, black, slimy, abundant. ○ Better in open air. ○ Worse from least movement. ○ Worse lying down, hot weather, warm room, morning.	CROCUS 30
● Profuse, black, membranous, clotted bleeding. ○ Too early. ○ Labour-like pains from back to pubes. ○ Flow less when moving about.	CYCLAMEN 30
● Menses dark, profuse with soreness of abdomen. ○ Haemorrhage from uterus occuring midway in menstrual periods.	HAMAMELIS 30
● Bleeding from fibroid tumours in uterus.	HYDRASTINUM MUR 30
● Uterine haemorrhage; profuse bright blood, gushing. With nausea.	IPECAC 200
● Haemorrhage during climacteric with palpitation and flashes of heat. ○ Vertex headache and fainting spells. ○ Worse, pressure of clothes.	LACHESIS 200
● Profuse and bright menstruation blood with pain from sacrum to pubes, from below upwards, shooting up the vagina. ○ Discharge of blood between periods with sexual excitement. ○ Partly clotted haemorrhage at times. ○ Worse least movement.	SABINA 30

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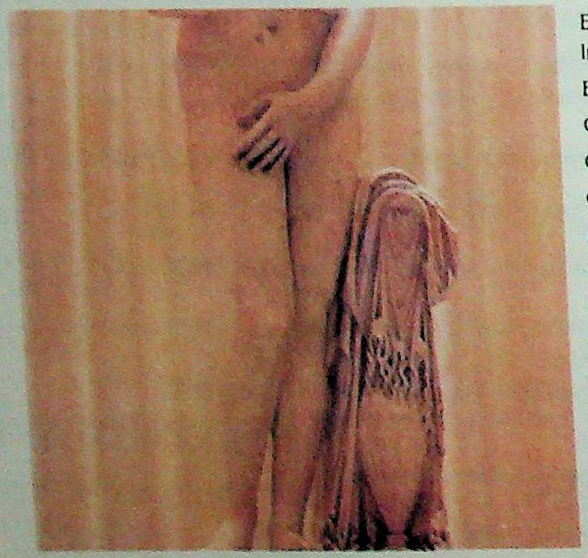
Gandhi Memorial College Of Education Bantalab Jammu

Abortion 213
Abscess 213
Amenorrhoea 213
Aversion/Frigidity 214
Backache 214
Bladder - Irritable 214
Bleeding/Profuse Menstruation 214
Bleeding/Scanty Menstruation 216
Breast Abscess 217
Breast Cancer 217

THE

FEMALE GENITAL SYSTEM



Breast, Nipples/Cancer/Fissures/ Inflammation/Pain/Tumour 217
Burning 218
Cancer of the Uterus 218
Cervicitis 219
Climacteric/Menopause 219
Coldness 219
Constriction/Vaginismus/Coitus Painful 219
Convulsions 219
Cystitis 219
Cysts Vaginal 220
Deficient Milk 220
Desire - Increased 220
Dysmenorrhoea 220
Epilepsy 220
Fibro - adenoma of the breast 221
Fibroid Tumour in Uterus 221
Frigidity 221
Gonorrhoea 221
Hemicrania 222
Hysteria 222
Irregular Menstruation 222
Itching 223
Labour Pains 223
Leucorrhoea 223
Mastitis 224
Menopause/Climacteric 224
Menorrhagia 224
Metatarsalgia 224
Metrorrhagia 225
Milk 225
Nausea 225
Ovarian Cyst 225
Pain/Inflammation/Painful Menstruation 225
Placenta 225
Pregnancy 226
Prolapse of the uterus/bearing down sensation 226
Swelling 227
Syphilis 227
Thickening of skin 227
Tumours in womb, ovaries/polyp 227
Ulceration of cervix 227
Urethritis 226
Uterus - Prolapse 228
Vaginitis 228
Varicose Veins 228
Warts 228

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Gandhi Memorial College Of Education Bantalab Jammu

Abortion

As a medical problem, abortion requires attention when it is spontaneous or habitual. Most of the abortions are spontaneous. The foetus is expelled before the 20th week of pregnancy.

The most common symptom is vaginal bleeding. The blood may be bright red if it is fresh. The colour of the blood would be brown if it has been retained in the vagina for some time.

At times there may be pains at regular intervals like short labour pains.

Wherever it is suspected that an abortion is threatened a consultation with your gynaecologist is a must. The pregnant woman must take maximum rest.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Habitual tendency to abortion. ○ Anaemic. Tired. ○ Suffers from nervous dyspepsia. Dislikes food. ○ Prolapse of the uterus.	ALETRIS FARINOSA 30
● Threatened abortion. Result of injury.	ARNICA 200
● Habitual abortion from uterine debility.	CAULOPHYLLUM 30
● Threatened abortion, especially when haemorrhages are dark and stringy.	CROCUS 30
● Tendency to miscarriage, especially in third month.	SABINA 30
● Frequent and very early miscarriage. ○ Colicky pain in pelvic organs. ○ False labour pains. ○ Pain from back to loin and womb. ○ Excoriating leucorrhoea. ○ Worse early morning.	VIBURNUM OPULUS 30

Abscess

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of mammae. Breast hard, hot and painful.	BRYONIA 200
● Of labia; great sensitiveness. ○ Extremely offensive leucorrhoea, smelling of old cheese.	HEPAR SULPH 200
● Of labia. Itching of vulva and vagina. ○ Vaginal cysts. ○ Milky, acrid leucorrhoea.	SILICEA 200

Amenorrhea

When a woman who has been having normal periods does not get a period at its proper time, her problem is defined as amenorrhea. Mostly it occurs when the woman is pregnant. Otherwise, it can be a symptom of some other problem. It may occur on account of a deficiency of hormones or on account of tumours or disorders of the pituitary gland. There can be many other causes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● When suppression or delay in menstruation is on account of debility or weakness or anaemia. The patient suffers from languor and may have palpitation.	FERRUM MET 30
● An excellent remedy for primary or secondary amenorrhea with disorders of digestion, palpitation of heart, abdominal cramps. ○ Swelling in the cheeks or gums.	KALI CARB 200
● In women who at puberty do not menstruate, whose breasts have not developed. They suffer from headache, sour vomiting and swelling of feet.	LYCOPODIUM 200
● Menstruation does not start at the age of puberty.	PULSATILLA 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Breast swollen, painful before but better on appearance of menstruation. ○ Helps to dry up milk.	LAC CANINUM 30
● Mammae inflamed and bluish. Cancerous inflammation.	LACHESIS 200
● Nipples fissured. Splinter-like pain. Tenderness.	NITRIC ACID 200
● Inflammation of the breast (mastitis). Mammae hard, sore and very sensitive. ○ Abscess of the breast. ○ Cracks and small ulcers around nipples. ○ When nursing pain travels from nipples all over body. ○ Cancer of the breast.	PHYTOLACCA 30 To be used externally also. Apply mother tincture to soothe inflammation.
● Breast shrivelled. Undeveloped. ○ Young female neurotics. ○ Suppressed or perverted sexual inclination. ○ Promotes nutrition and tissue building.	SABAL SERRULATA 30
● Fistular ulcers of breast. Chronic cases. ○ Nipples drawn in. ○ Sore nipples.	SILICEA 200

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In leucorrhoea, which is acrid, profuse and ropy. ○ Menses early, scanty, exhausting.	ALUMINA 200
● Painful menstruation, profuse, red. Hot wires in pelvis extending to thighs. ○ Burning, swollen labia. Stinging pain. Burning eruptions. Slight discharge. Herpes of labia.	ARSENIC ALB 200
● Burning pain in ovaries. Extremely sensitive. ○ Inflammation of bladder. Scalding urine. Intolerable urging. Urethritis.	CANTHARIS 200
● In right ovary. ○ Labia swollen, itching. ○ Gushing leucorrhoea. ○ Early, copious menstruation.	EUPION 30
● Within vagina. Severe itching. ○ Granular ulceration of womb.	HYDROCOTYLE 30
● With swelling of labia. Violent itching between labia and thigh. ○ Corrosive itching of vulva. ○ Haemorrhage after coition.	KREOSOTUM 200
● Vagina burning during and after coition. Dry. Hence intercourse painful.	LYCOPODIUM 200
● Vagina burns. Pudenda itches. ○ Copious leucorrhoea which excoriates genitals. ○ Persons of unclean habits.	SULPHUR 200
● Intense burning of the uterine region.	TEREBINTHINA 30

Cancer Of The Uterus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancer of uterus with burning pain down thighs. Lancinating pains.	CARBO ANIMALIS 30
● Cancer of uterus. Palliative.	CALTHA PALUSTRIS Mother tincture. 10 drops, 4 times a day.
● Of left ovary which is swollen, hard and painful.	LACHESIS 200

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uncomfortable. The woman may become moody or bad-tempered because a number of changes are taking place inside. She needs assurance as well as properly selected medicine. Homoeopathy does wonders at this stage.

The vagina as well as the Fallopian tubes are sites of infection and so is the pelvic area. The ovaries can develop cysts out of follicles which produce eggs.

The female breast besides serving a beautifying function and thus providing sexual attraction, has an important role to discharge in the production of milk for the baby. By all accounts mother's milk is the best for the newborn child during the first few months of its life in this world. The breasts become in many cases tender and lumpy before the onset of the menstrual period. Ordinarily this is not a cause for worry. But the female breast is also a site of cancer. Hence any lump which does not disappear within a few days should be investigated by a qualified doctor.

The uterus as well as the cervix are also sites of cancer. Women may develop cancer of the uterus after they have reached 50, more often than at an earlier age. Cervical cancer affects women who are unusually active sexually.

Prolapse of the uterus requires early attention because it can be very uncomfortable.

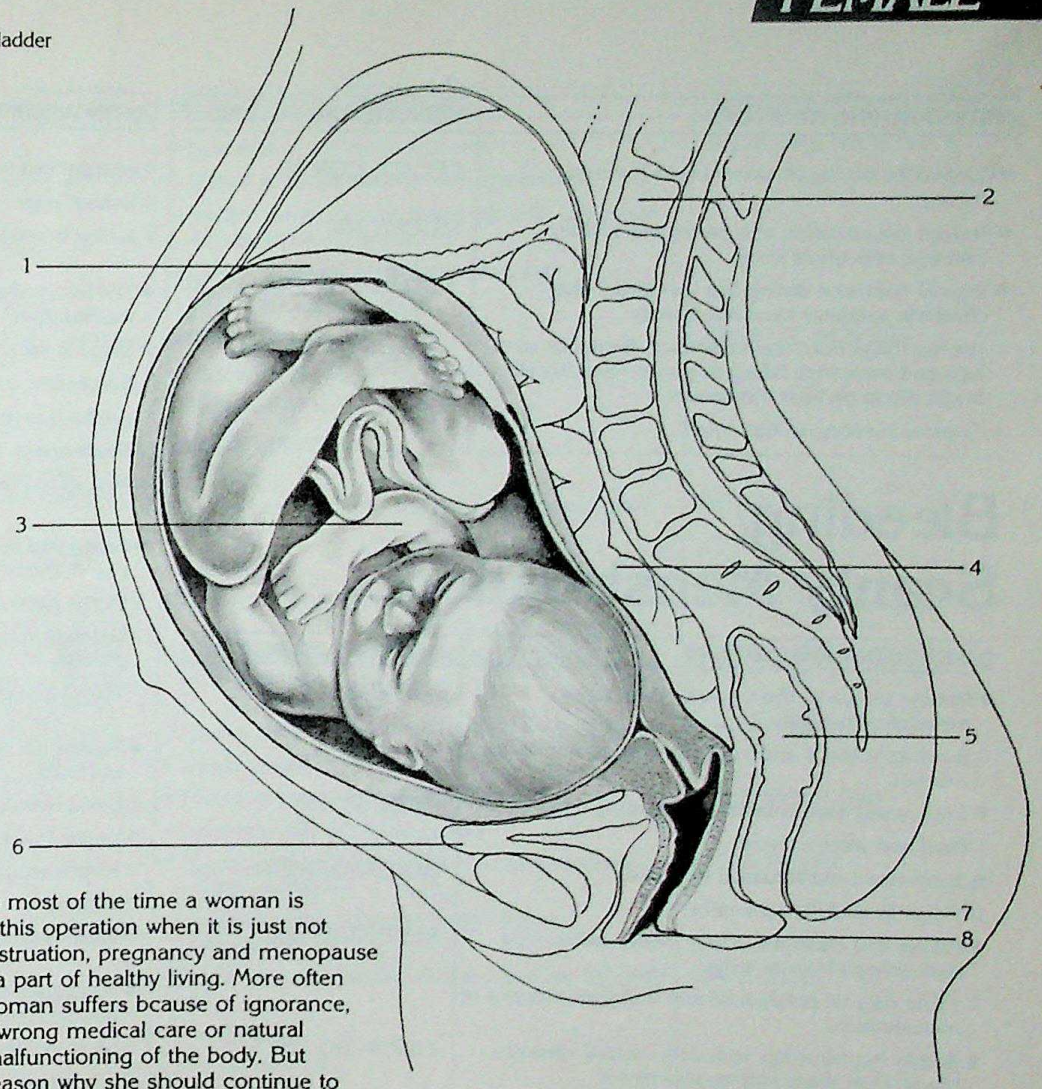
Most female problems can be taken care of with proper medication. Examination of the breasts every month is essential in order to eliminate any chances of a cancerous tumour. This examination can be carried out by the person herself.

Proper personal hygiene is absolutely essential. Women should clean themselves from front to back after passing stool. They should avoid putting on very tight underwear particularly that made of synthetic material.

It would be useful to have a cervical smear test every 2 or 3 years in order to detect coming sickness which may not otherwise be apparent till it has developed to a serious extent.

With homoeopathic medicines as indicated by symptoms most female sexual problems can easily be taken care of without surgery and without side effects. Dilatation and curetting can be dispensed with because most of the time a woman is subjected to this operation when it is just not needed. Menstruation, pregnancy and menopause ought to be a part of healthy living. More often than not a woman suffers because of ignorance, superstition, wrong medical care or natural occasional malfunctioning of the body. But there is no reason why she should continue to do so as long as homoeopathy is there to relieve her distress.

1. Uterus
2. Spine
3. Growing foetus
4. Small intestine
5. Rectum
6. Urinary bladder
7. Anus
8. Vagina



Growing Foetus

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Continuous oozing of watery blood between menses.	SECALE COR 30
● Profuse menstruation with paroxysms and icy coldness over whole body.	SILICEA 200
● Vaginal discharge during first two weeks after childbirth suddenly turns red, bloody.	TRILLIUM PENDULUM 30
○ Haemorrhage from uterine fibroids. Sensation as if hips and back were falling to pieces. Gushing of bright blood on least movement.	
○ Copious bleeding in climacteric.	

Bleeding/ Scanty Menstruation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Menses too early, short, scanty, pale. Great exhaustion thereafter.	ALUMINA 200
○ Burning, copious and transparent leucorrhoea after menses.	
● Suppressed menstruation with splitting headache.	BRYONIA 200
○ Hard and painful breast.	
● Suppressed menstruation from cold.	DULCAMARA 200
○ Worse in cold, damp weather.	
● Painful and extremely scanty menstruation. Flow lasts only an hour or a day.	EUPHRASIA 200
○ There may be ophthalmia with complete absence of menstruation.	
● Scanty menstruation, with dark, clotted, offensive blood. Flow starts only on movement.	LILIUM TIG 200
○ Bearing down sensation with urgent desire for stool.	
○ Uterine prolapse and congestion.	
○ Leucorrhoea brown, excoriating.	
○ Ovarian pain.	
○ Itching in vulva.	
● Too late, scanty, changeable, intermittent menstruation.	PULSATILLA 30, 200
○ Blood is thick, dark and clotted.	
○ Suppressed menses. Delayed. In young women.	
○ Painful menstruation.	
○ Restlessness. Tosses in bed.	
○ Mild, gentle disposition. Sheds tears easily.	
● Scanty and irregular menstruation. Too late. With pain in the small of the back.	SEPIA 200
○ Vagina painful on coitus.	
○ Constant bearing down sensation. Uterine, vaginal prolapse.	
○ Yellow, greenish, itching leucorrhoea.	
● Menses too late, scanty, short. Blood thick, black and acrid.	SULPHUR 200
○ Blood makes vagina and vulva sore and painful.	
○ Vagina burns.	
○ Acrid leucorrhoea in between.	
○ Dirty habits.	
○ Worse washing.	
● Menstruation too late, too scanty. Lasts only a few hours. Offensive odour.	VIBURNUM OPULUS 30
○ Early morning pain from back to loins and womb.	
○ The patient may be having early miscarriages frequently.	
○ Better in open air, resting.	

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Breast Abscess

An uncommon problem. The affected area is red and painful. The pain comes with increasing severity. The patient may have fever.

For medicines please refer 'ABSCESS' above and 'BREASTS, NIPPLES/CANCER/FISSURES/INFLAMMATION/PAIN/TUMOUR' below.

Breast Cancer

A serious problem. This malignant growth is responsible for almost twenty percent of deaths from cancer in women. It begins as a hard, painless lump in one breast. Women after 45 are in greater danger than others. Surgery is needed to remove the affected breast. If the problem is detected in time and proper treatment obtained, the survival rate is very good.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swelling in breast with pain. ○ Ulceration with sharp piercing pain. ○ Worse on the left side. ● Painful tumour of mammae. Indicated in women with very large breasts. ○ Sharp pain through the tumour.	ASTERIAS RUBENS 30 Very good for cancer of the breast in early stages. CHIMAPHILLA 30

Also please refer 'BREASTS, NIPPLES/CANCER/FISSURES/INFLAMMATION/PAIN/TUMOUR' below.

Breasts, Nipples/Cancer/ Fissures/Inflammation/ Pain/Tumour

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Neuralgia of left breast and arm. ○ Glands in armpit swollen hard and knotted. ○ Swollen breast, painful, worse left side. Left breast feels as if pulled inwards. ○ Cancer of breast. Acute lancinating pain. ○ Cancer in ulcerated stage.	ASTERIAS RUBENS 30
● Cancer of mammae. ○ Cancer of uterus. ○ Restlessness. ○ Burning severe. ○ Palliative.	ARSENIC ALB 200
● Breast hard, hot, pale and painful at menstruation time. ○ Abscess.	BRYONIA 200
● Hard knots in breast. Stony.	CALCAREA FLUOR 30
● Painful induration of the right breast. Lancinating, cutting, burning pain.	CARBO ANIMALIS 30
● Nipples inflamed, tender to touch. Very painful. ○ Tender breast of the infant.	CHAMOMILLA 200
● Painful tumour of mammae. Sharp pain. ○ In women with very large breasts.	CHIMAPHILA 200
● Stitching pain in nipples. Wants to press breasts hard to get relief. ○ Breasts become large and painful before menstruation.	CONIUM 200
● Cracks in female nipples. Burning fissures. Stitching pain. ○ Numbness. ○ Oozing honey-like.	GRAPHITES 200
● Dwindling of breasts. ○ Nodosities in the skin of mammae.	IODUM 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Menses late, quite delayed periodically. ○ The patient is timid, emotional and weeps easily. ○ Feels better in open air. ● When amenorrhea is accompanied by severe hysteric headache, leucorrhoea or even toothache. The patient is of a delicate constitution and has yellow spots on the face. Suffers shivering and heat alternately.	SEPIA 200

Aversion / Frigidity

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Desire diminished. ○ Cutting pain during intercourse. Vagina tender, constricted. ○ Burning and soreness in vagina. ○ Neuralgic pain in vagina. ○ Scanty menses.	BERBERIS VULGARIS 30
● Definite aversion to coitus. ○ Constipation with late menses. ○ Timid.	GRAPHITES 200
● Sexual frigidity in hysterical women who are emotional and moody.	IGNATIA 200
● Sexual desire completely destroyed. ○ Suffers from severe uterine pain. ○ Early and prolonged menses. ○ Weak and tired. Muscular prostration.	ONOSMODIUM 200

Backache

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent. With late menstruation and dark blood. ○ Leucorrhoea like white of an egg.	CALC PHOS 30
● Backache in young girls with absence of menstruation. Menses retarded.	SENECIO AUREUS 30

Bladder-Irritable

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Irritable bladder in young, newly married women.	STAPHYSAGRIA 200

Bleeding/ Profuse Menstruation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Profuse menstruation; premature; with labour-like pains.	ALETRIS FARINOSA 30
● Blood between periods with every little accident. ○ Menses too early, copious. Blood bluish. ○ Worse at night.	AMBRA GRISEA 30
● Menstruation too frequent, profuse, fatiguing with clotted blood. ○ Colicky pain. Pain in thighs. ○ Aversion to sex.	AMMONIUM CARB 30
● Haemorrhage at the time of climacteric. ○ Excoriating, foul leucorrhoea.	ARG MET 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute cases. Extremities swollen. Face puffy.	APIS 200
○ Severe headache, backache. Pain in kidneys.	
○ Scanty but frequent urination.	
○ Urine heavily charged with albumin.	
● Very effective, but specially in later stages when watery diarrhoea sets in.	ARSENIC ALB 200
○ Skin pale and waxen.	
○ Urine loaded with casts and albumin.	
○ Face puffy.	
○ Thirst for sips of water at short intervals.	
○ Anguish. Fear of death. Restlessness.	
● Paroxysmal, burning and cutting pain in renal region. The whole area is sensitive to touch.	CANTHARIS 200
○ Gravel in urine of children.	
○ Blood in urine. Pure blood.	
○ Painful urging to pass urine. Urine passed drop by drop.	
○ Pain in tip of penis, in testes, in loins.	
● Acute nephritis. Scanty, dark,albuminous urine. Blood in urine.	KALI CHLORICUM 30
● Acute nephritis. Blood in urine. Turbid brown urine.	PHOSPHORUS 200
○ Skin pale and anaemic.	
● In early stages of nephritis. Bloody urine. Inflammation of kidneys following any acute disease.	TEREBINTHINA 30

Also see 'BLOOD IN URINE', 'COLOUR' and 'PAIN'.

Nephrosis

The kidneys leak a large amount of proteins into the urine. The sufferer becomes anaemic. His face gets puffy. There is dropsy in all the body tissues.

A high-protein and low-salt diet is recommended.

For medicines, please see 'COLOUR/SEDIMENT' and 'NEPHRITIS' above, particulary Apis and Cantharis.

Newborn - Stoppage of Urine

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Newborns suffer shock in birth and do not pass urine.	ACONITE NAP 30

Odour

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Repulsive odour of urine.	BENZOIC ACID 30
○ Brown colour. Very dark.	
○ Bed wetting in children.	
● Smelling like horse urine. Dark.	NITRIC ACID 200
○ Stitching pain.	

Old People

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dribbling in old people. Urine starts and stops again. Hypertrophy of prostate gland.	CONIUM 200
● Bladder difficulties of old persons. Urine slow, without force.	HEPAR SULPH 200
○ Weak bladder. Tenesmus.	
○ Urine drops vertically.	
● Paralysis of bladder. Enuresis.	SECALE 30
○ Involuntary discharge of urine particularly during sleep at night in old people.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ The best remedy available in most of the urinary problems with the aforesaid symptoms. In urethritis as well. ○ In acute as well as chronic cases. ● In chronic cystitis.	TUBERCULINUM 200 One dose in 3 days. Start the treatment with Tuberculinum. Then follow with the other indicated remedy.

Cysts Vaginal

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Projecting out of vagina or upward. Size of a pea.	SILICEA 200

Deficient Milk

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Deficient milk. Mother is over-sensitive.	ASAFOETIDA 30
● Increases the quantity of milk in nursing women.	RICINUS 3. Five drops every four hours, 5 times a day, for a few days.

Desire-Increased *Nymphomania*

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nymphomania, generally along with urinary problems like intolerable urging and tenesmus. ○ Insatiable desire for coitus and sex play.	CANTHARIS 200
● Sexual desire with intolerable titillation in vulva and vagina. ○ Early, copious menstruation. ○ Hysterical women.	MOSCHUS 30
● Nymphomania. Least touch of sexual parts causes violent sexual excitement. ○ Woman nervous, lively, affectionate.	MUREX 30
● Beyond limits. Uncontrollable. ○ Person of a mild, gentle, tearful disposition. ○ Nymphomania.	PULSATILLA 30
● Nymphomania. ○ Pruritis. Severe itching of the vulva which is dry and hot. ○ Erotic spasms in menstruation which is copious. ○ Better in open air, listening to music, seeing bright colours, rubbing affected parts.	TARENTULA HISPANICA 200

Dysmenorrhoea

Discomfort or pain during menstruation. The pain is in the lower abdomen and pelvis just before and during the menstrual period. It is cramping in nature.

For medicines please refer 'PAIN/INFLAMMATION/PAINFUL MENSTRUATION' below.

Epilepsy

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Epilepsy at the time of menstruation.	BUFO 30

Please also refer 'EPILEPSY' under 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN' AND, 'EXTREMITIES'.

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Fibro-Adenoma of the Breast

A soft lump in the breast which slips away from the examining fingers. Usually benign.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hard, stony knots in the breast.	CALC FLUOR 30,200
○ The treatment has to continue over a few weeks. The potency should be increased after two weeks.	
● Painful tumour of mammae in women with large breasts.	CHIMAPHILA 30
● Pressing breasts hard gives relief.	CONIUM 200
○ Stitching pain in nipples.	
○ Breasts swell before menstruation.	
● Tumour in the breast. Abscess.	PHYTOLACCA 30
○ Mammae hard, sore and sensitive.	

Also please see 'BREAST/ NIPPLES/CANCER/FISSURES/ INFLAMMATION/PAIN/TUMOUR' above.

Fibroid Tumour in Uterus

Benign tumours of the uterine walls. Very common in women above the age of 35.

The patient may suffer from excessive and painful menstruation.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Womb packed with fibroid tumours.	KALI IOD 200
○ Tired, sleepy feeling down the limbs.	
○ Hot, burning feet.	
○ At times shivering all over.	
● Fibroid tumours in uterine wall near cervix.	PULSATILLA 1000 every 15 days.

For more medicines please refer 'TUMOURS IN WOMB, OVARIES/POLYP' below.

Frigidity

A woman does not want sex or is unable to achieve excitement and later orgasm. Most of the time it is a psychological and environmental problem. However, the medicines given under 'AVERSION' would help.

Gonorrhoea

A venereal, purulent inflammation of the urethra or vagina, caused by gonococcus.

It is a serious, sexually transmitted disease. The genitals of both the male and the female are affected. The eyes of the babies born of affected mothers can be damaged.

Men who have caught the infection, experience burning while passing urine. There is pain. There is copious yellow discharge from the penis. In women, there may be no symptoms, rarely a pain on passing urine and a discharge from the urethra. Symptoms develop many days after the infection.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Urethra burning. Urine painful.	ACONITE 30
○ Tenesmus.	
○ Scanty urine. Red.	
○ Restlessness. In the acute inflammatory stage Aconite 30 and Pulsatilla 30 may be alternated 5 times a day each. As the disease is brought under control frequency can be reduced. Aconite can be totally given up at this stage.	

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THE FEMALE GENITAL SYSTEM

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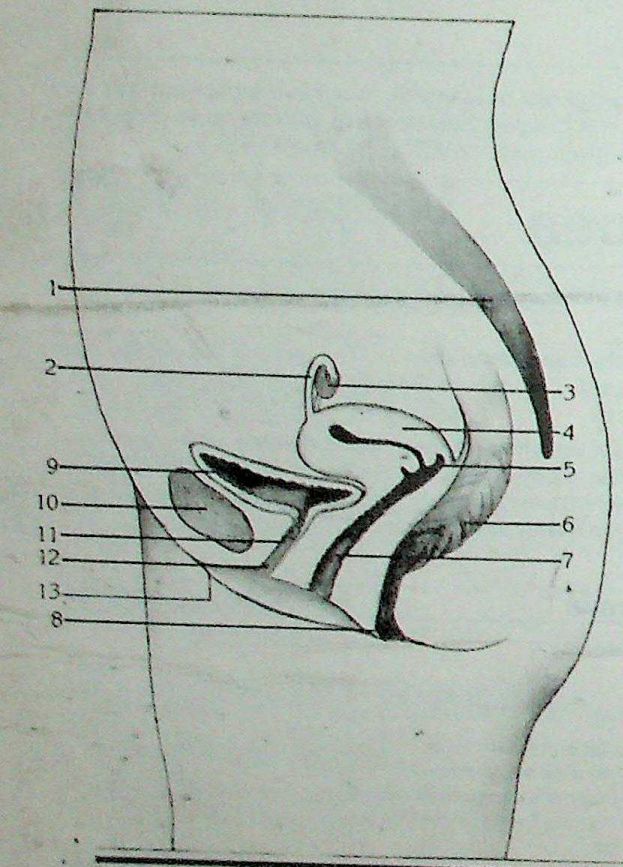
1. Sacrum
2. Fallopian tube
3. Ovary
4. Uterus
5. Cervix
6. Rectum
7. Vaginal canal
8. Anus
9. Urinary bladder
10. Bone
11. Urethra
12. Urethral opening.
13. Clitoris



The female genital system includes the external genitalia including the vulva and the clitoris; the internal genitalia which include the vagina, the cervix, the uterus, the Fallopian tubes and the ovaries. The system also includes the breasts and nipples which play an important role in sexual arousal as well as in producing milk on the birth of a child.

Puberty is a landmark in the life of a woman because at this time the release of a hormone known as oestrogen leads to the enlargement of the breasts, the womb, the vagina etc. This also leads to growth of pubic hair as well as the hair in the armpits. The female body develops curves.

The basic function of the female sexual system is to conceive and bear children. Every month an egg is produced in one or other of the two ovaries of a woman who is of an age when she can bear children. From the ovary the egg is carried to the womb by the Fallopian tube. At times, before the egg has reached the womb or uterus, it is fertilized in the Fallopian tube by a sperm which has travelled from the male genital system up into the Fallopian tube through the vagina and uterus.

A fertilized egg is carried to the womb where it is implanted in the wall of the womb. In case no fertilization has taken place, the egg is washed out in the menstrual discharge.

The clitoris which is a part of the vulva in the external genitalia of the female consists of a glans covered by the prepuce. It plays a considerable part in sexual arousal as well as in inducing female orgasm. It becomes erect during coitus.

The vagina is a muscular canal extending from the lower part of the uterus to the vulva. It lies between the bladder and the urethra in front and the rectum and anal canal behind. It provides a passage for intercourse as well as for birth. During the reproductive period of a woman the vagina secretes a semi-fluid acid which is mixed with a secretion from the cervix. These discharges quite often prevent infection in the vagina.

The uterus is a pear-shaped organ and it lies in the pelvic cavity with the bladder in front and the rectum behind. The cervix which is the neck of the uterus opens on one side into the uterine cavity and on the other side into the vagina.

The uterus has remarkable elasticity and expands to accommodate the increasing size of the foetus during pregnancy.

The Fallopian tubes, one on each side, are hollow muscular tubes that transmit the egg from the ovaries to the cavity of the uterus. Pelvic infection can affect the Fallopian tubes and lead to infertility.

The ovaries are sex glands which produce ovum for fertilization besides sex hormones. As a female reaches puberty, the ovaries produce one egg every month for fertilization.

The ovaries and the uterus play a major role in menstruation. After puberty and until menopause, a woman sheds blood regularly unless she is pregnant. This flow of blood consists mainly of the lining inside the uterus which forms every month for the implantation and nourishment of the fertilized egg. When no fertilization takes place the lining is shed and is excreted in the menses and thereafter the womb prepares itself for the next cycle.

Menstruation cycles cause a lot of distress to women because the menstrual flow can be absent, can be scanty, painful or it can be excessive and almost unending. Any one of these situations is a source of discomfort and, quite often, pain to the patient. Fortunately almost all these problems can be taken care of with homoeopathic medicines.

Post-menopausal problems are many and these too are a source of discomfort. There is a shrinkage in the vaginal walls and in the vulva. The vagina becomes dry. Sexual intercourse becomes

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Itching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Itching of vulva. Soreness and swelling.	AMBRA GRISEA 30
○ Copious bleeding for any reason.	
● Pruritis of vulva and vagina during pregnancy.	CALADIUM SEG 30
○ Voluptuousness.	
● Intolerable itching of vulva, with burning, inflammation and urinary problems.	CANTHARIS 200
● Pruritis of vulva.	FAGOPYRUM 30
○ Yellow leucorrhoea.	
○ Worse while at rest.	
● Violent itching between labia and thigh.	KREOSOTUM 200
○ Corrosive itching of vulva.	
● Uncomfortable itching with yellow, greenish leucorrhoea.	SEPIA 200
○ Pain in the small of back.	
● Itching vulva. Burning in vagina.	SULPHUR 200
○ Unclean habits. Lazy.	
○ Burning, acrid leucorrhoea.	
○ Worse washing; at night.	

Labour Pains

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Labour pains weak.	CAULOPHYLLUM 30
○ False pains.	
○ Revives and furthers progress of labour.	
○ Improves the tone of the womb.	
○ After labour strengthens muscles.	
● Uterine inertia during labour.	CAUSTICUM 200
● Unendurable labour pains, with numbness.	CHAMOMILLA 200
○ Nightsweats.	
● False labour pains.	GELSEMIUM 200
● One of the best remedies after labour. Helps the patient to be strong.	KALI CARB 200. Once a day.

Leucorrhoea

Whitish discharge from the female genital organs. Odourless, transparent discharge in moderate quantity is normal. Otherwise it is a problem, which requires medication.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Yellow or transparent.	AGNUS 30
○ Scanty menstruation.	
● Acrid, foul smelling and burning.	ARG MET 30
● Milky.	CALC CARB 200
● Yellow and acrid.	CHAMOMILLA 200
● Extremely offensive. Smelling like old cheese.	HEPAR SULPH 200
● Yellow, tenacious, ropy.	KALI BI 200
● Acrid, brown leucorrhoea.	LILIUM TIG 200
● Thick, profuse as menstruation blood.	MAGNESIA SULF 30
○ Pain in the small of the back, in the thighs.	
○ Early menstruation.	
○ Pain worse on movement.	
● Yellow, green, following gonorrhoea.	NAT SULF 30
● Thick, yellow, green, excoriating. Vagina feels raw.	PULSATILLA 30
○ Mild, gentle, tearful disposition.	
● Vaginal discharge in first few weeks after child-birth. Thin, protracted, offensive. Shooting pain upwards in vagina.	RHUS TOX 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Excoriating, milky, thick like curds, like cheese; horribly offensive.	SEPIA 200
○ Yellow, greenish with intense itching.	
○ Pain in small of back.	
○ Pain in vagina, especially on intercourse.	
○ Pale, sullen face. Indifferent. Lacks natural love.	
● Copious; excoriates genitals.	SULPHUR 200
○ Burning discharge. Vagina burning. Vulva itching.	
● Profuse, thick and greenish.	THUJA 200

Mastitis

A harmless condition of the woman's breast. The breast feels full and a tender lump is formed. The condition is not serious. It just comes and goes.

For medicines please refer 'BREASTS, NIPPLES/CANCER/FISSURES/ INFLAMMATION/PAIN/TUMOUR' above.

Menopause / Climacteric

The cessation of menstrual cycle in the life of a woman when she is in her early forties. It is a normal development, and there is nothing to worry about in it. Problems associated with menopause can be, by and large, looked after with the medicines indicated below.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With headache and flushes of heat.	AMYL NITROSUM 30
○ With anxiety and palpitation.	
● Flushes with convulsions. Felt most in the head. Surging of blood to head.	GLONOINE 200
○ Worse in sun, near heat, on stooping.	
● Climacteric troubles.	LACHESIS 200
○ Palpitation.	
○ Constriction.	
○ Flushes of heat.	
○ Vertex headache; burning. Fainting spells.	
○ Uterine haemorrhage.	
○ Worse, pressure of clothes.	
● Flushes of heat, of perspiration and faintness.	SEPIA 200
○ Terrible bearing down sensation.	
○ Cervix ulcerated at times.	
○ Vagina painful on coitus.	
○ Pale, sullen face.	

Menorrhagia

Excessive bleeding during menstruation cycle.

For medicines please see under 'BLEEDING' above.

Metatarsalgia

In middle-aged women who are overweight, there is pain across the ball of the feet while walking. It is caused by excess weight, lack of exercise and tight-fitting shoes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain in soles while walking.	ALOE 200
● Specific for pain in heels. Feet tender.	ANTIM CRUD 200
● Pain in the ball of the foot and under the toes.	CANNABIS S 30

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Metrorrhagia

Bleeding from the uterus between regular menstrual cycles. Sometimes it is a symptom of malignant tumour of the uterus. In women who have reached climacteric there can be other reasons as well.

For medicines, please see under 'BLEEDING' above.

Milk

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Absence or failure of secretion of milk. (AGALACTIA).	AGNUS 30

Nausea

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nausea in pregnancy. Run-down condition. Lack of appetite.	CARBO VEG 200
● Vomiting during pregnancy.	IPECAC 200
● Specific for nausea in pregnancy.	MERC COR 30
● Persistent vomiting during pregnancy.	SYMPHORI—CARPUS 200
○ Nausea during menstruation.	
○ Aversion to all food. Fickle appetite.	
○ Constipation.	
○ Worse motion.	

Ovarian Cyst

Formation of a cyst in the ovary for which there may be no apparent symptoms. The swelling is full of fluid. At times it can be cancerous.

During menstruation pain may be experienced in the lower abdomen. Pain is experienced during coitus.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Round, small, cystic tumours in ovaries. Boring pain. Must draw up double.	COLOCYNTHIS 30,200
○ Great restlessness.	
● Ovarian cyst. Vagina dry.	LYCOPODIUM 200
○ Coitus painful.	
○ Worse right side.	

Pain/Inflammation/Painful Menstruation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Painful menstruation. Pain like labour pain. Comes and goes suddenly; of short duration.	BELLADONNA 200
● Cutting pain during coitus. Vagina tender, constricted, burning, sore.	BERBERIS VULGARIS 30
○ Neuralgic pain in vagina.	
● Inter-menstrual pain with great abdominal and pelvic soreness.	BRYONIA 200
○ Menses come early. Copious flow.	
○ Worse on movement.	
● Ovarian neuralgia. Pain across pelvis from hip to hip.	CIMICIFUGA 200
● Cervical inflammation. Redness. Granular ulceration of womb.	HYDROCOTYLE 30
○ Vagina hot, itching severely.	
● Ovaritis. Wedge-like pain from ovaries to uterus.	IODUM 30
○ Dwindling breasts.	
○ Weakening, irregular menses.	
○ Better walking in open air.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Menstrual colic. Purely neuralgic. Pain ceases when flow starts.	MAG PHOS 200
○ Menstruation with cramps.	
● Pain from sacrum to pubes, from below upwards, shooting up the vagina.	SABINA 30
○ Uterine pain running into thighs.	
○ Copious, bright menstruation.	
○ Worse least motion.	
● Menses profuse and bright. Too late or scanty. Variable. But always sharp pain up the vagina.	SEPIA 200
○ Pain in the small of the back.	
○ From pelvic region into the back.	
○ Vagina painful on coitus, or otherwise. Violent stitches upwards.	
○ Great uterine remedy.	
● Painful menstruation.	VERATRUM ALB 200
○ Coldness. Cold sweat.	
○ Faints from least exertion.	

Placenta

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Placenta retained. Intense pain afterwards.	SABINA 30

Pregnancy

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Run-down condition. Prepares for a smooth confinement.	CARBO VEG 200
○ Offensive flatulence in pregnancy.	
● Veins full, enlarged, sore as if bruised. Pricking, stinging pain. Skin dusky, purple.	HAMAMELIS 200
○ Women growing weak from nursing.	
○ Varicose veins during pregnancy.	
● Albuminuria of pregnancy.	MERC COR 30
○ Specific for nausea in pregnancy.	
○ Varicose veins in pregnancy.	

Prolapse of the Uterus/ Bearing down sensation

When ligaments holding the uterus, the bladder and the rectum become weak, the uterus shifts out of its position. There is a feeling of bearing down, as if everything will escape through the vagina. At times there is a physical protrusion of the uterus through the vagina.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constant, violent, bearing down sensation.	BELLADONNA 200
○ Relieved by standing.	
○ Worse on lying down.	
● Prolapse and enlargement of uterus.	MUREX 30
○ Pelvic pain, running towards breast.	
● Prolapse of uterus; of vagina. Uterus has to be stopped physically from falling out.	SEPIA 200
○ Bearing down sensation, as if everything would escape through vulva.	
○ Prolapse with inflammation, ulceration, leucorrhoea; even with malignant growth.	
○ Worse standing.	

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Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With itching of vulva and soreness.	AMBRA GRISEA 30
○ Early copious menses.	
● Stinging, burning pain and oedema of labia.	APIS 200
○ Better on washing with cold water.	
● Painful swelling of breast.	ASTERIAS RUBENS 30
○ Induration.	
○ Ulceration.	
○ Worse left side.	
● Dropsy in ovaries.	AURUM MUR 30
○ Cervix indurated.	
○ Chronic inflammation and swelling of womb with ulceration.	
○ Chronic prolapse.	
○ Uterine tumours.	
● Swelling with pain in cracked nipples. Lancinating pain.	AURUM SULPH 30
● Enlargement of uterus. Prolapse. Pelvic pain extending towards breast.	MUREX 30
○ Pulsation in the neck of the womb.	
○ Aching in sacrum.	
○ Green or bloody leucorrhoea.	
○ Easily excited desire for intercourse.	
○ Aggravation on lying down.	

Syphilis

A chronic, infectious, venereal disease. The origin is often venereal but it can be congenital. It affects almost every organ or tissue in the body.

Please refer under 'THE MALE GENITAL SYSTEM'.

Thickening of Skin

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Thickening of skin and of tissues beneath. Common in middle-aged women. Myxedema.	THYROIDINUM 30

Tumours in Womb, Ovaries/Polyp

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ovarian tumours. Ovaritis.	APIS 200
● Uterine tumours. Indurated cervix. Chronic inflammation of uterus (Metritis).	AURUM MUR 30
○ Ulceration of neck of womb and vagina.	
○ Prolapse of uterus. Uterus fills up whole pelvis.	
○ An excellent medicine.	
● Tumour and polyps of the womb.	BUFO 30
● Uterine polyps. Slight haemorrhages.	PHOSPHORUS 200
○ Suppuration of mammae.	
● Uterine tumours. Fibroid tumours with bearing down sensation.	FRAXINUS AMERICANA 10 drops of mother tincture 4 times a day.

Ulceration of Cervix

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cervix ulcerated. No external application may be needed.	SEPIA 200

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Urethritis

Inflammation of the urethra.

A common disorder in women on account of the small length of the female urethra. Infection comes from the bladder above, or the vagina below.

Urine is passed more frequently than in normal times. It burns and pains to pass urine. Sexual intercourse is painful.

Can be acute or chronic.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning in urethra. ○ Tenesmus and burning at neck of bladder. ○ Urine red, hot, painful. ○ Acute cases. Use this medicine right in the beginning.	ACONITE 30
● Frequent and involuntary urine. ○ Stinging pain. Last drops burn and smart. ○ Oedema of labia; relieved by cold water.	APIS 200
● Inflammation of bladder. ○ Intolerable urging and tenesmus in urine. ○ Violent paroxysms of cutting and burning in whole urethra and parts nearby. ○ Cutting before, during and after urine. ○ Urine scalds. Passed drop by drop. ○ The most effective medicine.	CANTHARIS 200
● Urethra swollen, inflamed. ○ Urinary stream split and small. ○ Frequent micturition with pain. Severe cutting after. ○ Desire sudden, urgent. Cannot be controlled. ○ Painful coitus.	THUJA 200

Uterus – Prolapse

Please refer 'PROLAPSE OF THE UTERUS/BEARING DOWN SENSATION' above.

Vaginitis

Inflammation of the vagina. There is discharge, itching, burning and soreness. The discharge can be white, yellow or green. It can be frothy and offensive. The patient passes urine frequently.

For medicines please see under respective symptoms, particularly 'ABSCESS' and 'BURNING'.

Varicose Veins

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In pregnancy.	CARBO VEG 200
● Purple; in pregnancy. Sensitive to touch. Pressure relieves.	LACHESIS 200
● On vulva.	LYCOPODIUM 200
● With ulcers bleeding black blood which easily coagulates.	PULSATILLA 30

Warts

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Warty excrescences on vulva, and on the pelvic floor. ○ Cauliflower excrescences on vagina, on cervix. ○ Spongy tumours, carbuncles. ○ Ulcers on genitals.	THUJA 200

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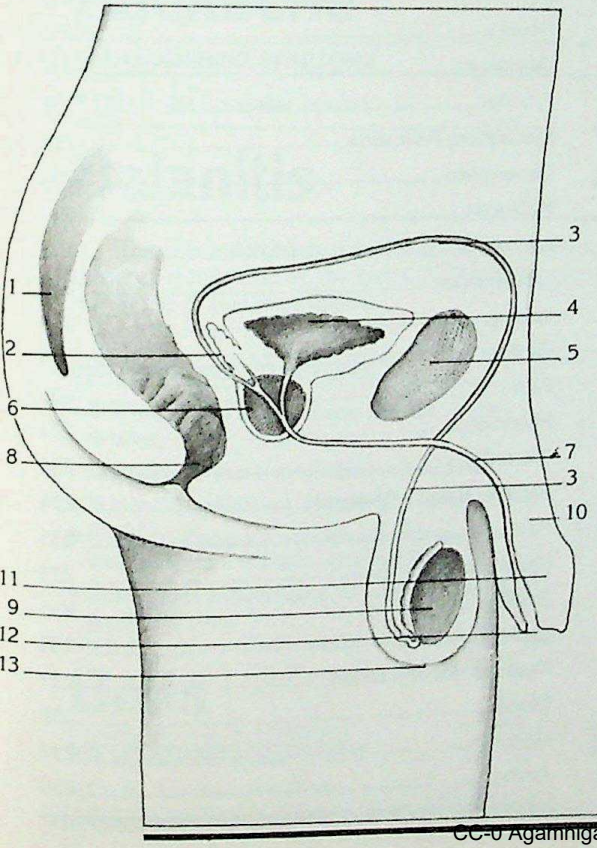
THE MALE GENITAL SYSTEM

1. Sacrum
2. Seminal vesicle
3. Vas deferens
4. Urinary bladder
5. Bone
6. Prostate gland
7. Urethra
8. Rectum
9. Testis
10. Penis
11. Glans penis
12. Urethral opening
13. Scrotum



The male genital system mostly lies on the outside of the body. It consists of the testes, the scrotum, the urethra and the penis. Inside the body are the prostate gland, the vas deferens and the seminal vesicles.

The penis normally lies limp but it becomes erect when the man is excited sexually. The spongy tissues inside the penis become gorged with blood. The scrotum contains the two testes and sperms are produced in them. The sperm is released by testes through a tube called the vas deferens. Two small glands, the seminal vesicles are connected with the vas deferens through a duct. The combination of the seminal vesicle duct and the vas deferens is known as the ejaculatory duct. There are two such ducts which ultimately enter part of the urethra lying in the prostate gland immediately below the bladder.

During sexual intercourse, sperms travel from the testes through the vas deferens, the seminal vesicles, the ejaculatory duct, the urethra, through the penis into the vagina.

Seminal vesicles and the prostate gland add fluids to make up the quantity of semen released on ejaculation.

The urethra serves another purpose. It is the channel for taking urine from the bladder out of the body. It is a tube about 200 mm. long and most of its passes through the penis.

At the outer end of the penis is the glans penis which has a functional and peculiar shape of its own. It is covered by the prepuce or the foreskin.

One ejaculation of semen may contain about 250 million sperms. These are minute, tadpole-like cells, with flattened heads and long tails. Only a few hundred of these actually reach the egg high up in the Fallopian tube. Ultimately only a single sperm penetrates the egg to fertilize it.

Infertility in women is cause for worry. But childlessness is due to male sterility 40% of the time. Infertility in women is caused by hormonal deficiency or some physical obstruction. A man may be physically impotent, that is, unable to perform sexually on account of emotional or psychological reasons caused by disease or by drugs.

Any disorder of the male sexual system ought not to be overlooked. Sexually transmitted diseases can cause a discharge from the penis. In old men, after sixty, the prostate gland becomes enlarged. Diabetes can cause itching or soreness on the glans penis. The penis can also be sore if infected by venereal diseases or if a cancer has set in.

Having sexual intercourse with an infected partner can cause venereal disease. Anybody who has several sexual partners should be very cautious and should not ignore any symptom of a sexually transmitted disease.

The glans penis under the foreskin has to be cleaned as often as possible. This can be easily done by drawing back the prepuce and washing the rim and the nearby area with clean water and mild soap.

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THE

MALE GENITAL SYSTEM

Aversion 231
Backache 231
Balantitis 231
Boils 231
Breathing Laboured 231
Burning 231
Chancre 231
Desire 231
Discharge 232
Eczema 232
Ejaculation, Premature 232
Gonorrhoea 232
Hydrocele 232
Impotence 232
Inflammation 233
Itching 233
Orchitis 233
Pain 233
Phimosis 234
Prostatitis 234
Prostate Gland - Enlarged 234
Pus 235
Rheumatism 235
Swelling 235
Syphilis 236
Testicles not descended 237
Ulcers 237
Urethritis 237
Warts 238

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Aversion

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Disinterest in coitus. ○ Too early or no ejaculation.	GRAPHITES 200

Backache

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain in the back after sex act.	CANNABIS INDICA 30

Balanitis

There is inflammation in the tip of the penis and the foreskin. Pain and burning in the head of the penis. The foreskin is swollen and there is discharge of pus from below.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● The prepuce is inflamed and irritated. Severe itching.	MERC SOL 200
○ Discharge of pus from under the foreskin.	
○ Burning in urethra on beginning to urinate.	
● Swelling of prepuce with intense itching. The swelling is dark red and erysipelatous.	RHUS TOX 200
● Gonorrhoea. Inflammation of prepuce and glans penis with pain.	THUJA 200

Boils

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● On the scrotum. Perspiration on the scrotum.	CUP ARSENITUM 30

Breathing Laboured

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Laboured breathing after coition.	STAPHYSAGRIA 200

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Eruptions with burning. ○ Herpes of foreskin. Offensive discharge. ○ Penis swollen; burning, stinging pain. ○ Scrotum burning.	ARS ALB 200

Chancre

In the first stage of syphilis, ulcers form on genitals, even on the lips, the tongue, the fingers or on the anus.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Soft chancre. Red. Spreading inwards. Discharge yellowish, fetid.	MERC SOL 200
○ A tendency to bleed.	
○ In acute cases, Merc Sol 30 may be repeated five times a day.	
● Hard chancre.	MERC I.R. 30

Desire

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Strong desire. Painful erections. ○ Pain in glans penis. ○ Priapism in gonorrhoea with urinary problems.	CANTHARIS 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Strong. Long-lasting morning erections.	PULSATILLA 30
● Lasciviousness bordering on insanity. Sexually highly excited.	TARENTULA HISPANICA 30

Discharge

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Semen emitted too soon. ○ Irritable and weak after intercourse.	CALC CARB 30

Please also see 'EJACULATION, PREMATURE' below.

Eczema

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Eczema of scrotum. Herpes of the prepuce. ○ Glans penis and prepuce swollen.	PHOS ACID 30
● Of genitals. Swelling. Scrotum thick and hard. ○ Severe itching. Restlessness.	RHUS TOX 200

Ejaculation, Premature

Semen is released before penetration on account of excitement or otherwise. Also when semen is released too soon after insertion.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Deficient sexual power. ○ Early, premature ejaculation. ○ Penis relaxed during intercourse.	ACID PHOS 30
● Semen emitted too soon. ○ Irritability and weakness after intercourse.	CALC CARB 30
● Emissions too rapid. ○ Semen thin, odourless. ○ Increased desire; decreased ability.	SELENIUM 30
● Discharge on mere contact of bodies, of penis with vulva.	SULPHUR 200

Gonorrhoea

Please refer under 'THE FEMALE GENITAL SYSTEM'.

Hydrocele

A harmless accumulation of fluid in the scrotum. There is painless swelling which is, however, quite uncomfortable.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hydrocele with induration of testicles.	CALC FLUOR 30
● Scrotum enlarged like a bladder.	DIGITALIS 30
● Testicles swollen, hard, shining.	MERC SOL 200
● Testicles retracted, enlarged, dark red and very sensitive to touch.	PULSATILLA 30
● Swollen testicles on account of hydrocele.	SILICEA 200

Impotence

Inability of the male to have sexual intercourse on account of failure to have or maintain an erection or failure to ejaculate. It is mostly a psychological disorder. The medicines indicated below, however, would help.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● No erection. Parts cold. Relaxed. Desire gone. ○ Lowered sexual vitality leading to depression. ○ Testicles swollen, hard.	AGNUS 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Erection fails when coitus is attempted.	ARG NIT 200
○ Shrivelled genitals.	
○ Fearful and nervous.	
○ Melancholic.	
● Discharge too quick.	BUFO 30
○ Spasm during coition.	
● Relaxation of penis during excitement. No emission. No orgasm.	CALADIUM SEG 30
● Diabetes with impotence.	COCA 30
● Discharge without erection.	GELSEMIUM 200
● No erectile power.	LYCOPODIUM 1000, 10000 Once a week.
● Psychical impotence.	ONOSMODIUM 30
○ Deficient erection. Early ejaculation.	
○ Loss of desire.	
● Desire strong but no erection.	SULPHUR 200
○ Discharge on mere contact of bodies or of penis with vulva.	
○ Burning, itching.	
○ Lack of fastidiousness.	
○ Unhealthy, unclean habits.	

Inflammation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Orchitis.	PULSATILLA 200
○ Inflammation of testicles from catching cold or from mumps.	
● Inflammatory phimosis. Constriction of the orifice of the foreskin.	SULPHUR 200
○ Herpetic eruptions under foreskin.	
● Inflammation of foreskin, of glans penis in gonorrhoea or otherwise.	THUJA 200

Itching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Voluptuous itching of scrotum.	AMBRA GRISEA 30
● Pruritis.	CALADIUM SEG 30
○ Glans penis very red.	
○ Organ seems enlarged, puffed, relaxed; sweating.	
○ Skin of scrotum thick.	

Orchitis

An inflammation of the testicles causing fever and pain.

For medicines, please refer under 'INFLAMMATION', 'PUS' and 'SWELLING' in this chapter.

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Neuralgia of spermatic cord and testicles.	BERBERIS VULGARIS 30
○ Stitching in testicles, in prepuce and scrotum.	
● Prolonged erection of penis. Usually painful.	CAMPHOR 30
○ Priapism.	
● Pain in spermatic cord running into testicles.	HAMAMELIS 200
○ Orchitis. Inflammation of testicles.	
● Pain in testicles with supra-orbital pain in the eyes.	LYCOPUS VIRG 30
● Neuralgia of spermatic cord.	OLEUM ANIMALE 30
○ Testicles feel seized and pulled forcibly upwards.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent pain in glans penis.	PAREIRA BRAVA 30
○ Renal colic.	
● Prostatitis — acute. Inflammation of the prostate, a gland surrounding the neck of the bladder and urethra in the male.	PULSATILLA 200
○ Pain and tenesmus on passing urine.	
○ Worse lying on back.	

Phimosis

Tight foreskin. Swollen.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute inflammatory phimosis.	ACONITE 30
● Acute phimosis. Great swelling.	APIS 200
● Phimosis with swelling. Soreness and burning in glans and beneath prepuce.	NITRIC ACID 200

Prostatitis

An acute inflammation of the prostate gland accompanied by high fever and chills. Pain and burning on urination. Urine foul-smelling, bloody and brown.

For medicines please refer 'PAIN' and 'PROSTATE GLAND — ENLARGED' in this chapter.

Prostate Gland – Enlarged

Enlargement of the prostate gland in men. It causes difficulty in passing urine. During night the frequency is increased. At times the patient just cannot pass urine.

Alcohol intake must either be given up or reduced.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hypertrophy of prostate.	BARYTA CARB 200
○ After passing urine, renewed straining and dribbling of urine.	
○ Numbness in genitals after urination.	
○ Frequent micturition in old persons.	
● Acute prostatitis. Excessive itching and painful irritation of urethra from end of penis to neck of bladder.	CHIMAPHILA 30
○ Retention from swelling of prostate.	
○ Thick, ropy, bloody mucus in urine.	
○ Inability to urinate without standing with the feet wide apart and body inclined forward.	
● An excellent medicine for prostatic enlargement.	CONIUM 200
○ Enlargement and induration of prostate causing intermittent urination in old people. Urine flows and stops.	
○ Pressure in neck of bladder.	
○ Stitching pain.	
○ Better sitting.	
○ Worse walking.	
● Senile hypertrophy of prostate.	DIGITALIS 30
○ Fruitless effort to urinate.	
○ Dribbling discharge of urine and continued fullness after micturition.	
○ Throbbing pain in the region of neck of bladder while urinating.	
○ Marked cardiac symptoms.	
○ Great distress.	
○ Urine pale, smoky.	
● Prostatic hypertrophy. Slow and difficult urination.	MORPHINUM 30
○ Uraemia, acute and chronic.	
○ Paralysis of the bladder.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Urethritis with prostatic enlargement. ○ Constant urging; great straining. ○ Pain down thighs, during effort to urinate. ○ Has to go on knees, bend down to pass urine. ○ Violent pain in glans penis. ○ Black, bloody, thick mucus urine.	PAREIRA BRAVA 30
● Frequent passing of urine, particularly during the night. ○ Copious urine. ○ Burning in the whole length of urethra. ○ At other times, discharge of a thin stream of red or dark urine.	STAPHYSAGRIA 200

Pus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Purulent white discharge from urethra.	CUP ARSENITUM 30
● Gonorrhoeal with thick, yellow discharge.	PULSATILLA 30, 200

Rheumatism

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gonorrhoeal rheumatism.	THUJA 200

Swelling

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Testicles swollen, cold, hard and painful. ○ No erection.	AGNUS 30
● Hardness and swelling of testicles. Painful. ○ Chronic hardening. ○ Hydrocele.	AURUM MET 30
● Enlargement of the prostate. ○ Irritation. Urethra sore, smarting.	CHIMAPHILLA 30
● Right half of scrotum swollen. Testicles indurated with bruised feeling. ○ Pain in spermatic cord. ○ Violent erections.	CLEMATIS ERECTA 30
● Penis, testicles enormously swollen. Orifice red, swollen. ○ Glans hot. ○ Gonorrhoea, second stage. ○ Greenish, thick discharge. Burning. ○ Persistent tenesmus to pass urine.	MERC COR 30
● Oedema of prepuce. Swollen glans penis. ○ Herpes on prepuce.	PHOS ACID 30
● Testicles intensely painful to touch, swollen, indurated. ○ Chronic orchitis. Feeling in gland as if it is being crushed. ○ Soreness extends to abdomen and thighs. ○ Worse left.	RHODODENDRON 30
● Swelling of sperrnatic cord and testicles with severe pain.	SPONGIA 30
● Chronic induration of testicles. ○ Enlarged prostate. Neck of bladder burning and painful.	THUJA 200

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Syphilis

A venereal disease common to men as well as women. It is highly contagious and infectious. It is mainly transmitted by sexual contact. It can cause serious damage to many parts of the body. It requires immediate medical attention.

The primary stage starts with a chancre, which is infectious but painless. Nearby lymph nodes become hard and swollen.

The secondary stage may have fever, skin eruptions, iritis, baldness, mucus patches, and severe pain in the head, the joints and the periosteum.

The third stage may involve a number of organs and tissues including the bones, the joints, the skin, the cardio-vascular and central nervous systems.

The third stage appears from one to twenty years after the second stage. Syphilis organisms become suddenly active and cause many serious diseases.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● For the second stage of syphilis when a few months after the healing of primary ulcers, the whole body gets affected. Skin rash develops inside the mouth and all over the body. No itching. But fever is there. Sufferer highly infectious.	AURUM MET 200
○ Syphilitic cerebral or meningeal tumours. Excruciating headache.	
○ Iritis. Much pain around eye. Worse by touch.	
○ Caries of palate. Putrid smell from mouth.	
○ Sleepless from excessive pain. Does not want to live. Is melancholic.	
○ Also third stage.	
● Congenital, hereditary syphilis. Of infants.	CALC FLUOR 30
○ Syphilitic ulceration in the mouth.	
○ Caries and decay of bones.	
○ Spasmodic burning and digging pain. Bones of arms and legs affected.	
○ Bruised aching in sacral bones.	
○ Urine pungent and strong.	
● Syphilis and gonorrhoea together.	CINNA-BARIS 30
○ Tiny ulcers on roof of mouth; on tip of tongue.	
○ Stringy mucus from posterior nares.	
○ Penis swollen. Prepuce red, painful, itching.	
○ Violent erections in the evening.	
○ Fan-shaped fig warts.	
○ Swollen ulcers, hard edges.	
○ Thin pus.	
○ Testicles swollen.	
● In the third stage of syphilis.	KALI IOD 30
○ Slow-growing abscess tumours involving nervous tissues.	
○ Violent headache.	
○ Papular eruptions on scalp and down back.	
○ Swollen glands.	
○ Bone pain, severe, continuous. In nasal and frontal bones, burning and throbbing pain.	
○ Greenish yellow, excoriating discharge from nose.	
○ Deep-eating ulcers. Chancres with hard edges and cheesy pus.	
● Syphilitic ozaena. Long-lasting redness of nose.	LACHESIS 200
○ Breathlessness.	
○ Flat ulcers on legs. Caries of tibia. Surrounding area sensitive and livid.	
○ Blueness around ulcers.	
○ Nightly pain in the bones.	
○ After excessive use of mercury preparations.	
● Symptoms given under Merc Sol but far more severe. Pain, swelling, inflammation excessive.	MERC COR 30, 200
○ Mouth, gums, throat, tonsils, nose, glans all affected.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Syphilis in females. Warts and condylomatous growths in and around vulva and anus. ○ Copper-coloured eruptions over body with dry papules in the centre. Skin peals off.	MERC DULC 30
● The best remedy for all stages of non-congenital and acquired syphilis. Low potency in acute stage and high potency in chronic cases. ○ Red chancre on prepuce. Spreading and deeply penetrating ulcers on glans and prepuce. ○ Painless pimples, nodules break and form ulcers on penis, on vagina or at other points of sexual contact like arms, lips or fingers. ○ Painful bleeding. Yellow fetid discharge. ○ Ulcers with cheesy bottom and inverted red edges. ○ Open ulcers highly infectious. ○ Swelling in lymph glands in groin. ○ Useful in second stage and third stage, as well.	MERC SOL 30,200
● Infantile labial ulcers. ○ Fig warts about arms. ○ Copper-coloured eruptions over the chest. ○ Nightly sufferings of syphilitic child. ○ Stinging pain in ulcers spreading in circumference, bleeding, with irregular edges.	NITRIC ACID 200
● Start the treatment with one dose. Repeat one dose once a week thereafter. ○ Locomotor ataxia. Walks with stamping gait, lifts legs high and keeps these wide apart. ○ Shooting pain in legs as if red-hot needles have been pushed in. ○ Dorsal nerves of spinal cord destroyed by syphilis.	SYPHILINUM 1000

Testicles not Descended

If one or both testicles are absent from the scrotum, immediate medical advice should be obtained. Late treatment can cause total infertility, even malignancy in the testicles.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Undescended testicles in boys with girlish disposition and appearance.	AURUM MUR 1 5 drops twice daily in water.
● Testicles retracted. Pain along spermatic cord. ○ Worse right side.	CLEMATIS 30
● Testicles drawn up. ○ Painful, swollen. ○ Worse left side.	RHODODENDRON 30

Ulcers

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ulcers externally on the foreskin.	HEPAR SULPH 200
● Small ulcers on glans penis, on prepuce. Splinter-piercing pain. ○ Penis in constant irritation. ○ Pimples, crusts on prepuce. ○ Gonorrhoea.	NIT ACID 200

Urethritis

Inflammation of the urethra, the channel through which urine is passed from the bladder outside the body. The problem can be acute as well as chronic. In men, there is a sensation as if broken glass is being passed through the penis. There is a burning sensation when urine is passed. There is discharge of pus at times.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute urethritis. Urine scanty, red, hot and painful.	ACONITE 30
○ Burning in urethra.	
○ Retention of urine with screaming pain and restlessness.	
● Urine loaded with slimy mucus.	CANNABIS INDICA 30
○ Stitches and burning in urethra.	
○ Must strain. Urine dribbles.	
● Violent inflammation of urethra.	CANTHARIS 200
○ Intolerable urging and a never-get-done feeling.	
○ Violent spasmodic cutting pain and burning.	
○ Scalding urine passed drop by drop.	
○ Blood and pus in urine. (This medicine must be thought of first in all urinary problems).	
● Intense burning in urethra.	MERC COR 30
○ Urine bloody. Discharge of pus.	
○ Tenesmus of bladder.	
● Urethra swollen, inflamed.	THUJA 200
○ Severe cutting pain after passing urine. Feeling of broken glass being passed down through the penis.	
○ Desire sudden and urgent, cannot be controlled.	

Warts

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Warts on prepuce. Swollen. Bleed easily.	CHIMAPHILLA 30
● Fig warts of offensive odour.	HEPAR SULPH 200
○ Ulcers externally on prepuce.	
○ Gonorrhoea, obstinate, does not get well.	

Nature never intended man to be a low, grovelling creature. From the moment of his birth she implants in him an inextinguishable love for the noble and the good.

Longinus

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THE RECTUM & THE ANUS

The rectum and the anal canal form a part of the digestive system which in itself is a continuous passage from the mouth to the anus. The rectum proper is almost the last portion of the large intestine. The anus is a part of the rectum, being its opening on the body surface.

Food consumed by a human being has to be digested in such a fashion that all the nourishing elements are absorbed by various parts of the digestive system and therefrom into the blood stream. Nutrients such as proteins, vitamins, minerals, fats, starch etc., after proper absorption provide fuel for the body.

But a good deal remains which is an absolute waste, parts of food which cannot be used anywhere, fibrous matter and dead bacteria. It is this mass which is passed through the rectum and the anal canal out of the body.

The roughage which is passed at this stage, mostly dehydrated, has an important function to perform in the digestive process. It helps in the movement of the bowels. It also prevents certain diseases as well as cancer of the rectum.

The waste matter called faeces enters the rectum shortly before one has to defecate. At this stage, the muscles of the anal canal respond to messages sent by the brain and open the passage for exit of the faeces.

The rectum and the anal canal are subject to a number of disorders which are discussed in the following chapter. Quite a few of these inconvenient problems can be kept at bay by taking the following precautions:

i. From early childhood, a human being should be trained to try for bowel movement at a fixed, regular time every day.

ii. The daily diet must include fibrous foods such as fruit and vegetables. Constipation must be attended to as early as possible. Nobody should try to live with constipation and carry on various activities of life without trying to change dietary habits and daily routine in such circumstances. Do not use laxatives often or regularly.

iii. Long walks taken regularly and other exercise suitably modified to the needs of the individual are of great help in alleviating constipation and making the bowels move with desired regularity.

iv. Proper hygiene and cleanliness of the anal region ought to be maintained. After every bowel movement, water should be used for washing. Cleaning with paper tissue is not a very hygienic practice.

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THE RECTUM & THE ANUS

Anal Fissure 241
Anal Itching 241
Ball - Sensation of 241
Bleeding 241
Burning 242
Cancer 242
Constipation 242
Constriction 243
Difficult - Faeces 243
Fistula - Anal 244
Haemorrhoids/Piles 244
Infants 245
Insecurity 245
Involuntary 245
Itching 247
Pain 245
Piles 246
Polyps of colon or rectum 246
Pressure 246
Prolapse of Rectum 246
Spasm 247
Tenesmus 247
Uneasiness 247

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Anal Fissure

A fissure or crack in the lining of the anal canal. The patient experiences severe pain during and after passing stool. The anus bleeds. Constipation is often a cause as well as a result of this problem.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● For internal, blind fissures accompanied by thick, yellow discharge of pus and burning sensation in the anus.	BERBERIS VULGARIS 30
● Anal fissures. Oozing eczema around anus.	GRAPHITES 200
● Rectum torn; bleeding. ○ Constipation. ○ Stool dry, crumbling.	NAT MUR 200
● Sensation of splinters or sticks piercing into the anus. ○ Constriction and tenesmus. ○ Foul-smelling matter oozing continuously from the anus. ○ Sensation of burning and soreness. ○ Violent cutting pain lasting for hours after passing stool.	NITRIC ACID 200
● Rectum aches as if it is full of broken glass.	RATANHIA 30; mother tincture, on local application, would give comfort in anal fissures.
○ Burns for hours after passing stool. Anal fissures burn like fire. ○ Feeling of constriction. ○ Protruding haemorrhoids may be present.	

Anal Itching

It is also known as pruritis ani. The skin around the anus becomes inflamed With scratching, irritation becomes worse. The problem may be caused by poor hygiene or by some irritants like soap or ointment.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stitches in anus. Pain with nightly itching.	ACONITE NAP 30
● Constant uneasiness in the rectum. ○ Itching in blind haemorrhoids with an ineffectual urge to pass stool.	NUX VOMICA 200
● Dry itching, so unbearable that the patient continues to scratch till the parts begin to bleed. Usually there is redness around anus. ○ The patient is worse in the warmth of the bed and while washing the anus.	SULPHUR 200 One dose per day.

Ball–Sensation of

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sensation of a ball in the rectum. Pain shoots up in rectum and vagina. ○ Constant oozing from anus.	SEPIA 200

Bleeding

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● From bowels in debilitated constitutions.	CARBO VEG 200
● In dysentery with blood, mucus and tenesmus.	MERC COR 30
● From bowels. From haemorrhoids. Blood bright red.	MILLEFOLIUM 30
● Haemorrhage from bowels. Profuse, bright red blood.	NITRIC ACID 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic diarrhoea with blood and mucus discharge. ○ Bloody dysentery. Flow of almost pure blood. ○ Dizziness caused by copious bleeding.	TRILLIUM 30

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning and pain with pressure in rectum and anus. Sensation of burning coals in the rectum. ○ Stitching hot needles in haemorrhoids. Piles burn like fire.	ARSENIC ALB 200
● Dysentery with tenesmus and burning in the rectum. Stool hot, bloody, slimy. ○ Cutting pain. ○ Profuse bleeding. ○ Tenesmus not relieved by stool.	MERC COR 30
● Fissures of anus, burning like fire. ○ Rectum burns for hours after passing stool. ○ Rectum as if full of broken glass. Knife-like stitches. ○ Oozing at anus. ○ Great effort has to be applied to force stool out.	RATANHIA 30
● Itching, burning and redness around anus.	SULPHUR 200

Cancer

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancerous growth in the rectum.	ALUMINA 30
● Profuse diarrhoea due to rectal cancer.	CARDUUS MARIANUS Mother tincture 10 drops dose.
● Palliative in painful cancer in the rectum.	NITRIC ACID 200

Constipation

Difficult and delayed passage of stool. It is one of the most bothersome problems. Almost every other person suffers from constipation. Over a period of time, this results in tears in the rectum.Constipation leads to headache and overall discomfort.

Some of the best cures are obtained by changing dietary habits. The diet must include fibrous food, lots of vegetables, fruit, and other roughage. Whole-wheat bread should be preferred to white bread. Regular exercise helps.

Routine use of laxatives should be avoided.

Sufficient quantities of liquids must be consumed.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constipation of the most aggravated kind. No desire for days. Marble-like masses. Rectum full. ○ Violent,ineffectual urging to stool. ○ Itching in anus. Rectum raw after stool.	ALUMEN 200
● No desire. No ability. ○ From dryness of intestinal tract and lack of peristaltic action. Complete inertia of the rectum. Even soft stool is expelled with difficulty. ○ Large stool accumulates inside. Has to strain before and during motion. ○ No appetite. Mouth dry. Tongue irritated. ○ Stool is hard, dry, knotty. ○ Of women with sedentary habits. ○ During pregnancy. ○ Of infants. Of old persons. ○ Worse in the morning, on waking up.	ALUMINA 30
● Absolutely no desire. ○ Stool dry, hard as if burnt. Caused by absence of secretions in the intestines.	BRYONIA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constipation with tenesmus. Face becomes red while straining to pass stool. ○ Can pass stool only when standing. ○ Swollen piles; moist, raw, burning. ○ Worse on walking.	CAUSTICUM 200
● No urging. No stool for days together. Then blotches appear on the face. ○ With haemorrhoids and fissures which burn and itch severely. ○ Obese persons of sensitive and sad temperament. They are nervous and find it difficult to concentrate.	GRAPHITES 200
● Obstinate constipation. No desire to pass stool although inside is full. ○ Flatulence. For days no urge. ○ First stool hard; later gushing.	LYCOPODIUM 200
● Of infants during dentition. Stool hard, crumbles at the verge of anus.	MAGNESIA MUR 200
● Obstinate retention of stool. Rectum dry, inactive. ○ Stool large but difficult to expel. ○ Anus torn, bleeding.	NAT MUR 200
● Frequent desire to pass stool; yet, each time a small quantity is passed. ○ Constipation in persons leading a fast life and indulging in alcoholic drinks. Fond of late nights.	NUX VOM 200
● Obstinate constipation. No urge for days. No discomfort. ○ Stool hard, dark balls.	OPIUM 200
● Obstinate constipation of children. ○ Chronic constipation with haemorrhoids.	PARAFFINE 30
● Chronic. Troublesome. Dysentery, diarrhoea alternate. ○ Stool large, hard, difficult to take out. ○ No two motions alike. ○ Blind haemorrhoids with stitching pain.	PULSATILLA 200
● Obstinate constipation in children. Stool has to be physically removed.	SEPIA 200
● Typical of teething children. Rectum weak, paralysed. Expulsive power of the rectum lost. Stool protrudes, slips back.	SILICEA 200
● Chronic. ○ Renders instant help. Acts as a catalyst for other medicines.	SULPHUR 200

Constriction

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In anus with severe constipation, with piles; feeling of an iron band. Severe pain.	CACTUS Mother tincture 10 drops, 4 times a day.
● Painful constriction of anus after stool. Stitches from anus deep into rectum. Pressure as of a sharp instrument digging from within outwards.	IGNATIA 200

Difficult Faeces

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Difficult faeces. Has to strain to evacuate.	RUTA 200

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Fistula–Anal

A very painful channel created between the rectal canal and the skin around the surface of the anus. At times, there is pus formation and slight bleeding.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Provides comfort as well as local healing.	CALENDULA Mother tincture for local application.
● Aborts pus formation. Heals when pus has formed.	MYRISTICA 200
○ Surgery can be avoided in septic cases by the use of this medicine.	
● Rectum feels torn.	NITRIC ACID 200
○ Anal fissures. Splinters in the rectum.	
○ Would cry if touched on sore anus.	
○ Bowels constipated. Constriction.	
○ Violent, cutting pain after stool, lasting for hours.	
○ Pain even after soft stool.	
○ Tenesmus present.	
○ Difficult healing of anal fistula or fissures. Chronic cases. (Most effective).	
● Anal fistula with pus.	SILICEA 200
○ Fissure and haemorrhoids painful.	
○ Goes deep to heal pus-filled pockets.	
○ Severe pain. Spasm of sphincter.	
○ Difficulty in passing stool. Receding stool.	
○ Anal sphincter irritated.	

Haemorrhoids / Piles

Swollen veins outside or inside the anus. There is frequent bleeding while passing stool or otherwise.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Protruding like grapes with pulsation in rectum. Pulsation near navel.	ALOE 200
○ Blue.	
○ Intense itching.	
○ Burning.	
○ Insecurity of rectum.	
● With continuous oozing of mucus. Linen gets soiled often. Itching anus.	ANTIM CRUD 200
● Haemorrhoids which protrude on urinating.	BARYTA CARB 200
● Haemorrhoids violently painful, intensely red, greatly swollen, inflamed, burning, sensitive to touch.	BELLADONNA 200
● Haemorrhoids swollen, moist, itching, raw, burning.	CAUSTICUM 200
○ Constipation with tenesmus.	
○ Worse on walking.	
● Haemorrhoids look like bunches of grapes or red cherries. Protrude after stool.	DIOSCOREA 30
○ Pain in anus. Darting pain to the region of the liver.	
● Dark blood flowing profusely. Sore piles.	HAMAMELIS 200 Mother tincture for external application.
● In persons with chronic liver problems and flatulence.	LYCOPODIUM 200
○ Haemorrhoids very painful to touch.	
● During pregnancy, bluish, hot and sensitive to touch.	MURIATIC ACID 30
○ Stitching pain which is violent.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Haemorrhoids bleeding internally, externally with anal fissures. ○ Splinter pain severe. ○ Pus and blood copious. ○ No burning. ○ Painful to touch. ○ Sore to touch.	NITRIC ACID 200
● Blind haemorrhoids with itching. ○ An ineffectual urging to pass stool.	NUX VOM 200
● Piles which burn like fire and protrude. Fissures in the anus. ○ Knife-like pain. Rectum feels as if full of broken glass.	RATANHIA 30

Infants

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constipation of infants. Rectum inactive. Straining before and during stool. ○ Hard, dry, knotty stool. ○ Even soft stool cannot be expelled.	ALUMINA 30
● Constipation of children from intestinal atony. ○ Constipation alternating with diarrhoea.	COLLINSONIA 30
● Of infants during dentition. Stool hard, crumbles at the verge of anus.	MAGNESIA MUR 30
● Cholera infantum. Diarrhoea early morning. During teething. ○ Stool of yellow, green colour. ○ Copious, gushing.	PODOPHYLLUM 30, 200
● Infantile diarrhoea from boiled milk.	SEPIA 30

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe gastroenteritis. Uncontrollable retching. Copious, thin, rice-water colour stool. ○ Cold sweat. Cold limbs. ○ Pain. ○ Fever.	VERATRUM ALB 200, 1000

Insecurity

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sense of insecurity. Is not sure what would pass — wind or stool. ○ Constant bearing down of flatus or stool. As if rectum would fall out. ○ A lot of mucus is passed.	ALOE 200

Involuntary

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Diarrhoea involuntary, as if the anus were wide open.	APIS 200

Itching

Please refer to 'ANAL ITCHING' above.

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Rectum feels full of small sticks. ○ Anal burning. ○ Swollen haemorrhoidal veins. Painful, but not bleeding. ○ Prolapse of the rectum. ○ Backache. ○ Chill up and down the back.	AESCULUS HIP 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Rheumatic pain in the region of the rectum with catarrhal dysentery.	ASCLEPIAS TUBEROSA 30
● With constriction of anus. Stitches from anus deep into rectum. Sensation of a sharp instrument pushing outwards.	IGNATIA 200
● Violent stitching pain with haemorrhoids. Piles blue, hot. Most sensitive to touch. Even toilet tissue is painful.	MURIATIC ACID 30
○ Worse during pregnancy; in damp weather.	
● Sharp, sticking, splinter-like pain in anal fistula, in fissures, piles or cancer of the rectum.	NITRIC ACID 200
○ Tenesmus.	
○ Foul odour.	
○ Very effective medicine when wounds do not heal.	
○ No burning. Pain lingers.	
● Neuralgic pain in the rectum. Anus drawn up with constriction.	PLUMBUM MET 30
● Knife-like stitches in the rectum. As if full of broken glass.	RATANHIA 200
○ Anal fissures.	
○ Great constriction in anus.	
○ Protruding haemorrhoids burning like fire. Temporary relief on cold water application.	
○ After stool, ache and burning in rectum for hours.	

Piles

Please refer 'HAEMORRHOIDS/PILES' above.

Polypus of Colon or Rectum

Non-malignant small growths arising from the colon or rectum. The growth is accompanied by bleeding while passing stool, suppuration in the rectum and anus and mild diarrhoea.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Blood and shreds of mucous membrane in stool.	MERC COR 30
○ Cutting pain.	
○ Tenesmus.	
● Bleeding in stool. Haemorrhoids. Urine is bloody simultaneously.	MILLEFOLIUM 200
● Polypus of rectum with pus and inflammation.	PHOSPHORUS 200
● Start treatment with Teucrium. It will seldom fail you.	TEUCRIUM 30
○ Itching in anus. Nightly restlessness.	
○ Apply powder of Teucrium 3 or 6 locally.	

Pressure

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constant uneasiness, pressure in rectum.	NUX VOMICA 200

Prolapse of Rectum

Protrusion of the anus or part of the rectal lining.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Prolapse of rectum.	IGNATIA 200
○ Sharp pain, shooting upwards, into the rectum.	
○ Rectum comes out on straining to pass stool.	
● Of rectum before or with stool in diarrhoea.	PODOPHYLLUM 200, 1000
○ Green, watery, fetid, profuse, gushing stool.	
○ Dentition diarrhoea.	
○ Moans, rolls head from side to side, eyes half closed in sleep.	
○ Worse early morning, in summer.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Every time stool is passed. Particularly in women after childbirth.	RUTA 200
● Of rectum with uterine and pelvic congestion.	SEPIA 200
○ Sensation of a ball in rectum.	
○ Constant excoriating oozing.	

Spasm

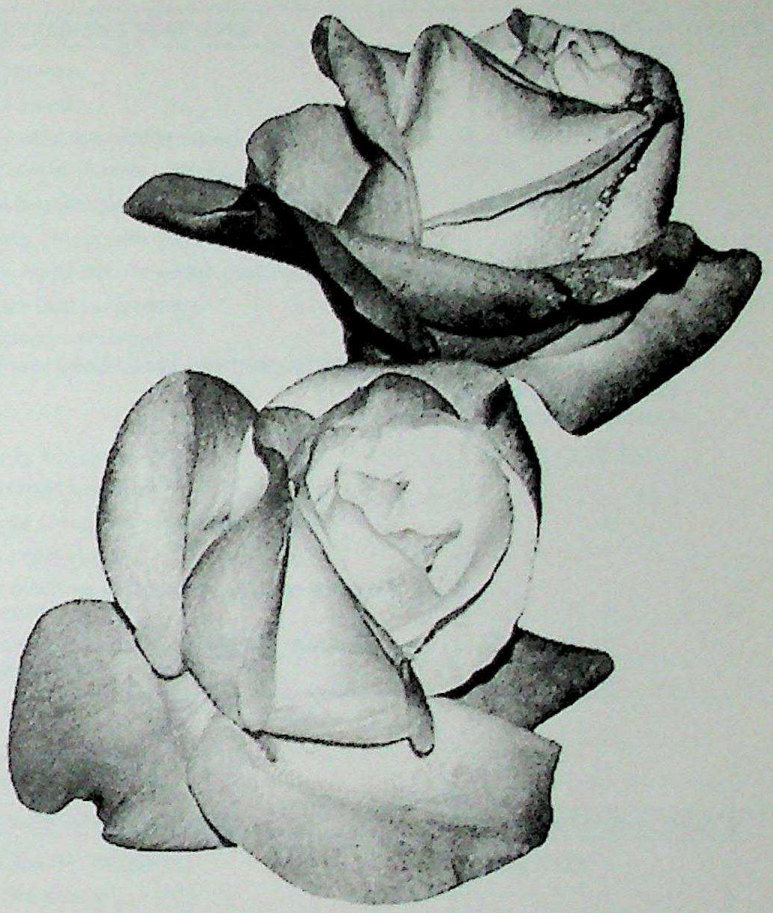
DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Spasm of sphincter with painful fissures. Stool comes out with difficulty but recedes again.	SILICEA 200

Tenesmus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Incessant. Of stool.	MERC COR 30
○ Bloody dysentery. Stool hot, bloody and slimy. Violent.	

Uneasiness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constant uneasiness in rectum. Pressure downwards.	NUX VOMICA 200



Life imitates art far more than art imitates life.

Oscar Wilde

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THE STOOL

Amoebic Dysentery 249
Big Size 249
Bloody/Black 249
Burning 249
Cholera 250
Collapse in Cholera 251
Colour/Mucus 251
Diarrhoea 252
Dentition Diarrhoea 252
Desire 252
Desire Ineffectual 253
Dysentery 253
Fetid 253
Gastroenteritis 254
Gurgling Sounds 254
Hard 254
Involuntary 255
Mental Shock 255
Milk Diarrhoea 255
Pain 255
Shivering/Shuddering 255
Spurting 255

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Amoebic Dysentery

Amoebic dysentery is characterised by intestinal ulceration and profuse diarrhoea. The stool has blood and mucus. The patient suffers from cramps in his abdomen.

This is a severe infection and can spread to the liver.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● A medicine of remarkable value in treatment of amoebic dysentery. It is specific for amoebiasis.	EMETINE 200
● Amoebic dysentery with tenesmus. As the patient strains the pain is cutting and nauseating. ○ Pain worse down the navel.	IPECAC 200

Big Size

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Great size of faecal mass. ○ Yellow diarrhoea with watery stool. Loose morning stool.	NATRUM SULF 30

Bloody/Black

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dark stool; small; offensive with much prostration. ○ Restlessness. ○ Food poisoning cases. ○ Worse at night, after eating and drinking, from alcoholic abuse.	ARSENIC ALB 200
● Dark, bloody stool, offensive and thin. ○ Dysentery of old persons. ○ Ulcers in the stomach and bowels.	BAPTISIA 30
○ No appetite. ○ Foul breath. ● Hard stool followed by blood. ○ In children, dentition diarrhoea.	CALC PHOS 30
● Bleeding piles; sore anus. ○ Bloody mucus with burning and tenesmus.	CAPSICUM 30
● Dark, liquid stool in severe gastroenteritis. ○ Violent pain in abdomen.	CUPRUM ARS 30
● Dysentery with blood. ○ Profusely bleeding and sore haemorrhoids.	HAMAMELIS 200 for internal use. Mother tincture for external application.
● Bloody, hot dysentery. ○ Unrelieved tenusmus. ○ Shreds of mucous membrane in stool. ○ Burning in rectum. ○ First medicine in blood dysentery or in chronic dysentery.	MERC COR 30
● Almost pure blood in dysentery or diarrhoea. Chronic cases.	TRILLIUM 30

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stool like fire; excoriating. ○ Jelly-like mucus. ○ Involuntary stool. ○ Abnormal, thundering flatulence.	ALOE 200
● Stool comes with burning and shivering. Tenesmus and shuddering after stool. ○ Blood, mucous shreds in dysentery.	CANTHARIS 200

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Cholera

Bacteria in water, in uncooked food, in contaminated fruits and vegetables can cause an epidemic, acute and infectious disease known as cholera. The diarrhoea is painless, watery and copious. There may be no nausea but there is terrible vomiting. The loss of fluids from the body leads to dehydration and cramps in the muscles.

If care is not taken in time, the patient would collapse. Dehydration must be avoided by replacing lost fluids with a solution made by adding a table-spoon of sugar and a pinch of salt to a litre of water which has been boiled for five minutes and then cooled.

The patient must be administered a dose of Veratrum Alb 1000 on the tongue immediately. Ordinarily, the medicine would not have to be repeated. But, if no improvement occurs within one hour, the dose may be repeated.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cholera with intense agony, prostration and burning thirst. ○ Violent vomiting of watery, bilious, slimy, green, black masses. ○ Lips, tongue dry, blackish and cracked. ○ Icy coldness of the skin. ○ Sudden deathly collapse, with drowsiness verging on stupefaction and great indifference. ○ Severe food poisoning. ○ Worse at night.	ARSENIC ALB 200
● Early stages. Cholera with coldness, blue skin, scanty vomiting and burning. ○ Stools scanty. ○ Dry cholera. ○ Collapse.	CAMPHOR 200. On collapse - smell mother tincture on handkerchief. Also 15 drops dose on sugar to be taken internally every 15 minutes till the patient revives.
● Cholera haemorrhagic. Stool red coloured. With flatulence. Frequent, involuntary, cadaverous-smelling stool, followed by burning. ○ Collapse. Lips blue. Nose, cheeks, finger-tips icy cold. Cold breath. Cold tongue. ○ Respiration weak. Desires to be fanned. ○ Diarrhoea and vomiting. Oppression of chest.	CARBO VEG 200
● Cholera with cramps in abdomen and calves. Painful, black, bloody stool.	CUP MET 200
● Stool offensive, copious with jelly-like mucus. ○ Gushing stool coming out painlessly. Severe, excessive outflow of stool. Colour yellow or greenish. ○ Colic. ○ Rumbling noise in the abdomen. ○ Ineffective retching. ○ No cold sweat. ○ Worse hot weather. Dentition. Early morning.	PODOPHYLLUM 200
● Stool olive green, putrid, bloody, thin. ○ Body icy cold. Intolerance of being covered. Great exhaustion. ○ Coldness and cramps. ○ No sensation of passing stool.	SECALE COR 200
● Constant, chronic vomiting. ○ Cold sweat. Cold discharge. Skin cold and blue. ○ Rice-water, copious stool. ○ Cutting pain. ○ Wants a cold drink but cannot retain it. ○ Collapse. Pale, sunken face. Whole body ice-cold. ○ First remedy. ○ Worse at night, in wet cold weather.	VERATRUM ALB 1000

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Collapse in Cholera

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Asiatic cholera. ○ Collapse. ○ Tongue and mouth cold. ○ Cramps in calves.	CAMPHOR 15 drops of mother tincture on sugar every 15 minutes, to be taken internally. Also smell mother tincture on handkerchief.
● Very painful diarrhoea. ○ Purging accompanied by uncontrollable vomiting. ○ Rice-coloured, copious, watery stool. ○ Cold prostration. Skin blue. Face pale. Cold as death.	VERATRUM ALB 1000

Colour/Mucus

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Green like chopped herbs. ○ Small. ○ Frequent with tenesmus.	ACONITE NAP 30
● Yellow, bloody, transparent, jelly-like mucus. ○ Excoriating, burning like fire. ○ Thundering flatulence.	ALOE 200
● Watery, noisy, flatulent. Green like chopped spinach. Has shredded mucus. ○ Very offensive. ○ Distension.	ARG NIT 200
○ Fluids go right through. ○ No control.	
● Brown, bloody, putrid. Looks like brown yeast. ○ Straining with tenesmus and diarrhoea. ○ Involuntary.	ARNICA 200
● Strings of odourless, yellow mucus. Diarrhoea of tough mucus. ○ Undigested food in stools.	ASARUM EUROPUM 30
● Green, slimy, hot, sputtering, undigested. ○ Fetid flatus. ○ In children, dentition diarrhoea.	CALC PHOS 30
● Acrid, corrosive, glutinous moisture from rectum.	CARBO VEG 200
● Green, hot, slimy, watery, fetid with colic. ○ White and yellow mucus, like chopped eggs and spinach. ○ Dentition diarrhoea in infants.	CHAMOMILLA 30, 200
● Bright, yellow, pasty, clay-coloured. ○ Jaundice with liver problems.	CHELIDONIUM 30
● Light-coloured, watery, undigested, painless. ○ Abdomen gurgles. Bloated like a tent. Flatus passed without relief. ○ Aggravation at night. In children.	CHINA 200
● White mucus, like small pieces of popcorn.	CINA 200
● Green, watery, slimy mucus. ○ Dysentery from damp cold weather.	DULCAMARA 200
● Greenish, watery. Undigested food. ○ Irritable temper. ○ In chronic diarrhoea in suspected tuberculosis. ○ In cholera infantum.	IODOFORMUM 30
● Pitch-like, green as grass. Like frothy molasses. ○ Dysenteric and slimy.	IPECAC 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Nausea prominent.	
○ The tongue is clean.	
○ Indigestion caused by fats, butter, raisins and cakes etc.	
○ If given in time, cholera infantum can be aborted.	
● Greenish, bloody and slimy. Lots of mucus.	MERC SOL 200
○ Cutting pain and tenesmus.	
○ First medicine in mucous dysentery.	
○ Worse at night.	
● Yellow, green, gushing, copious, rumbling, fetid with colic.	PODOPHYLLUM 200, 1000
○ In dentition.	
○ Worse early morning; in summer.	
● Olive green, thin, fetid, bloody.	SECALE COR 30
○ With icy coldness. As if suffering from cholera. Cramps.	
○ Great exhaustion.	
○ Effortless. No sensation in anus. Involuntary.	
○ Intolerance of covering.	
● Severe cholera. Thin, rice-water colour stool; copious. Forcibly evacuated.	VERATRUM ALB 1000 Not more than one dose may be needed ordinarily.
○ Very painful.	
○ Purging accompanied by vomit.	
○ Cold prostration. Body cold, blue.	
○ Collapse.	

Diarrhoea

Passing of copious stool with different symptoms. This problem can be serious and should be attended to immediately.

For medicines, please refer according to symptoms in this chapter.

Dentition Diarrhoea

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hard stool followed by blood.	CALC PHOS 30
○ Dentition diarrhoea.	
● Dentition diarrhoea. Child cross, peevish.	CHAMOMILLA 30
○ Stool hot, green, slimy; mucus chopped, white, yellow.	
● Cholera in infants with painful dentition. Green stool.	KREOSOTE 30
○ Dry skin.	
○ Exhaustion.	
○ Nausea.	
● Stool yellow, greenish. Painless gushing out.	PODOPHYLLUM 200
○ Rumbling noise.	
○ Offensive, jelly-like mucus.	
○ Colic.	
○ Worse early morning; in summer.	

Desire

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constant desire to defecate; pressure in the rectum.	LILIUM TIG 200
○ Dysentery with mucus and blood.	
● Terrible tenesmus. Can hardly move away from the commode.	MERC COR 30
○ Tenesmus of the bladder accompanies.	
○ Bloody dysentery. (The primary medicine).	

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Desire Ineffectual

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constipation with frequent, ineffectual urging. Incomplete feeling as if part remained unexpelled. Irregular peristatic action.	NUX VOMICA 200

Dysentery

A disorder of the intestine in which there is inflammation particularly in the colon. There is diarrhoea, abdominal pain and tenesmus. The stool may contain mucus, blood or both.

Dysentery can be amoebic or bacillary.

It requires immediate attention.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Large quantities of mucus, catarrhal, jelly-like.	ALOE 200
○ Pain in rectum after stool.	
○ Prolapse of the rectum.	
○ Insecurity of sphincter muscle.	
○ Violent tenesmus.	
● Amoebic dysentery with slime. Stool green as grass and frothy.	IPECAC 200
○ Nausea prominent.	
○ Griping pain at navel.	
○ Severe pain while straining to pass stool. Cutting pain.	
● Dysentery with cramps; with colic.	MAG PHOS 200
● Violent attack of blood dysentery.	MERC COR 30
○ Shreds of mucous membrane in stool.	
○ Passage of pure blood.	
○ Incessant urge to stool and to urinate with virtually no time gap between two motions.	
○ Cutting pain.	
○ Burning in the rectum.	
● First medicine in mucous dysentery.	MERC SOL 200
○ Slimy stool. Bloody at times. Whitish-grey stool. Mucus shreds. Stool small in quantity but frequent.	
○ 'Never get done' feeling, though not so much as in MERC COR.	
○ Much straining but not to pass urine.	
○ Pain and tenesmus continuous after the stool.	
○ Worse at night.	
● Mucous dysentery.	NUX VOMICA 200
○ Relief on passing a little stool. But constant uneasiness in rectum.	
○ The more a patient strains, the harder it is to pass stool. Even to pass urine, he has to strain. When he strains, urine ceases to dribble.	
● Relief on passing a little stool.	RHUS TOX 200
○ Pain in the thighs extending into legs.	
● Stool bloody with mucus. Constant straining. When MERC SOL fails.	SULPHUR 200
Also please refer 'AMOEBIC DYSENTERY' above.	

Fetid

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fetid eructations; fetid flatus; fetid stool. Results of over-eating, of gluttony.	ANTIM CRUD 200
● Very fetid stool and flatus.	PHOSPHORUS 200
○ Stool long, narrow and hard, as if constipated.	

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Gastroenteritis

It is a medical name for food poisoning. There occurs an acute inflammation or infection of the stomach and the intestinal tract. There is severe vomiting and diarrhoea. The patient experiences abdominal cramps and colicky pain. At times, there may be fever.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Incessant vomiting of food. ○ Pain below ribs, radiating in all directions. ○ Ulcerative pain. ○ Enormous distension of stomach. ○ Diarrhoea immediately after food or drink. ○ Watery, noisy, flatulent, green like chopped spinach, stool. Shredded mucus. ○ Better from eructations; in fresh air. ○ Worse taking cold food; after eating; at night.	ARGENTUM NITRICUM 200
● First medicine in food poisoning. ○ Malignant symptoms. ○ Mental anguish. ○ All-prevailing debility, exhaustion, restlessness. ○ Ill effects of vegetable diet, watery fruit, rotten meat. ○ Oesophagus seems shut. ○ Nausea. Retching, after eating or drinking. Throws up acrid and bitter substances. Vomits blood, bile, green mucus. ○ Heart-burn. ○ Burning pain. Unquenchable thirst. ○ Faintness, icy coldness, great exhaustion. ○ Nightly aggravation.	ARSENIC ALB 200
● Violent vomit. ○ Non-stop diarrhoea. Rice-water colour, thin, copious stool. ○ Shooting colic radiating from stomach upwards and to both sides. ○ Abdomen swollen with terrible colic. ○ Cramps in abdomen and legs. ○ Icy coldness of extremities. Cold sweat. ○ Collapse.	VERATRUM ALB 1000

Gurgling Sounds

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Copious watery stool, always forcibly shot out. Sudden evacuation. Simultaneous gurgling sounds in intestines. ○ Worse taking any drink, any food.	CROTON TIGLIUM 30

Hard

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Marble-like masses. ○ Obstinate constipation. Violent ineffectual urging to stool. ○ Rectum sore after stool. Severe itching.	ALUMEN 200
● Hard, knotty stool. ○ No desire. ○ Painful urging long before stool. Straining at stool. ○ Constipation of infants, of women with sedentary habits.	ALUMINA 30
● Hard lumps mixed with watery discharge.	ANTIM CRUD 200
● Dry, hard as if burnt. Mucous surfaces dry. ○ Great thirst.	BRYONIA 200
● Hard stool, difficult to take out. ○ Haemorrhoids very painful to touch. Aching.	LYCOPODIUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Stool knotty like sheep-dung. Crumbling at verge of anus.	MAGNESIA MUR 200
○ Constipation of infants during dentition.	
● Round, hard, black balls.	OPIUM 200
○ Obstinate constipation. No desire even though the inside is full.	

Involuntary

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Solid stool, passing in large balls, involuntarily and unnoticed.	ALOE 200
○ Insecurity of rectum. Loss of control.	
● Diarrhoea. Defecation with every motion of the body as if the anus were wide open.	APIS 200
● Copious, watery stool always forcibly shot out.	CROTON TIG 30
○ Gurgling sound from intestines.	
● Involuntary defecation.	HYOSCYMUS 200
● Stool pours out as if from a hydrant.	PHOSPHORUS 200
● Involuntary stool. Anus wide open. No sensation of passing faeces.	SECALE 30

Mental Shock

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constipation after mental shock or severe nervous strain.	MAG CARB 30

Milk Diarrhoea

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Infantile diarrhoea. Worse from boiled milk.	SEPIA 200

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dysenteric stool with muscular pain.	ARNICA 200
● Griping pain in amoebic dysentery.	IPECAC 200
● Cramping colic in dysentery.	MAG PHOS 200
● Cutting pain in blood dysentery.	MERC COR 30
● Cutting colic in mucous dysentery.	MERC SOL 200
● Dysentery with pain in thighs and legs.	RHUS TOX 200

Also please see 'COLIC' in the chapter 'THE DIGESTIVE SYSTEM'.

Shivering/Shuddering

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tenesmus and shuddering after stool.	CANTHARIS 200
○ Shivering with burning.	

Spurting

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Diarrhoea. Frothy, olive green, watery, copious and forceful.	ELATERIUM 30
● Profuse diarrhoea. Stool pours out as if from a hydrant without a washer.	PHOSPHORUS 200
● Green, watery, fetid, profuse, gushing diarrhoea.	PODOPHYLLUM 200, 1000
○ Empty retching.	
○ Cholera infantum.	
○ Moans, rolls head from side to side. Sleeps with eyes half-closed.	
○ Worse early morning, summer, in dentition.	

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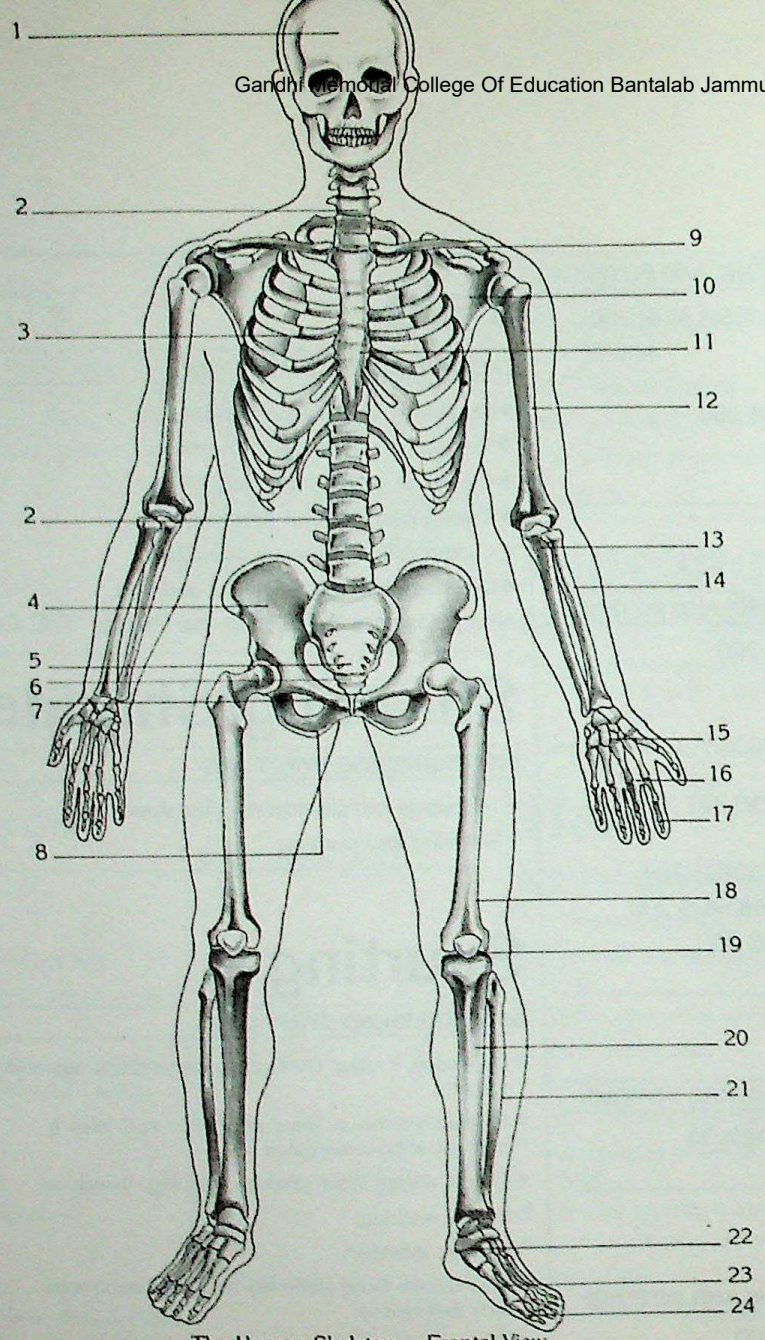

1. Cranium (Skull)
2. Vertebrae
3. Ribs
4. Ilium
5. Sacrum
6. Coccyx
7. Pubis
8. Ischium
9. Clavicle (Collar-bone)
10. Scapula (Shoulder blade)
11. Sternum (Breast-bone)
12. Humerus
13. Ulna
14. Radius
15. Carpus
16. Metacarpus
17. Phalanx
18. Femur
19. Patella (Knee cap)
20. Tibia
21. Fibula
22. Tarsus
23. Metatarsus
24. Phalanx

The Human Skeleton Frontal View

THE LOCOMOTOR SYSTEM

The human skeleton, the bones thereof and its functions are dealt with in the following pages under the title 'The Locomotor System'.

Consisting of 206 bones the human skeleton is a marvel of engineering skill. The bones which form the skeleton consist of proteins soaked with mineral substances. Bones can resist compression. They have elasticity and tension.

Wherever the bones meet in the human body there is a joint performing a special function. Some joints such as in the hip and in the shoulder are multi-functional. Their power and capacity to move has to be experienced to be believed. Some other joints such as those in the skull-bones are totally immobile.

The ligaments support the movable joints. The muscles move and partly support the joints.

Some bones play a protective role. The spinal cord is protected by the surrounding vertebral column.

Without bones the human body would not have the shape which is visible to others. It would have no power to sit, stand or move. The bones manufacture blood. Essential minerals are stored and distributed by them. Blood cells are produced by the red marrow which is contained in the spongy bones.

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The bones in a male skeleton are larger and heavier, though only to some extent, than the bones in a female skeleton. The male pelvic cavity is narrower than the female pelvic cavity. If it were not so it would be difficult for a woman to give birth to a baby in the normal manner.

The human legs carry a lot of weight for a lifetime. The fingers of the hand can catch hold of an object, manipulate it in a delicate fashion and with these the artists create immortal paintings and sculptures. The rib cage protects the heart, the lungs and major blood vessels. The pelvic girdle supports and protects the internal organs of the lower abdomen.

Inflammation of the joints causes arthritis. Repeated attacks may even deform a joint. Wear and tear of the joints and loss of some cartilage lining leads to osteoarthritis. This pain is worse after the affected joint has been used. The joints in the neck, the hands, the hips and the knees are affected more often than others by osteoarthritis.

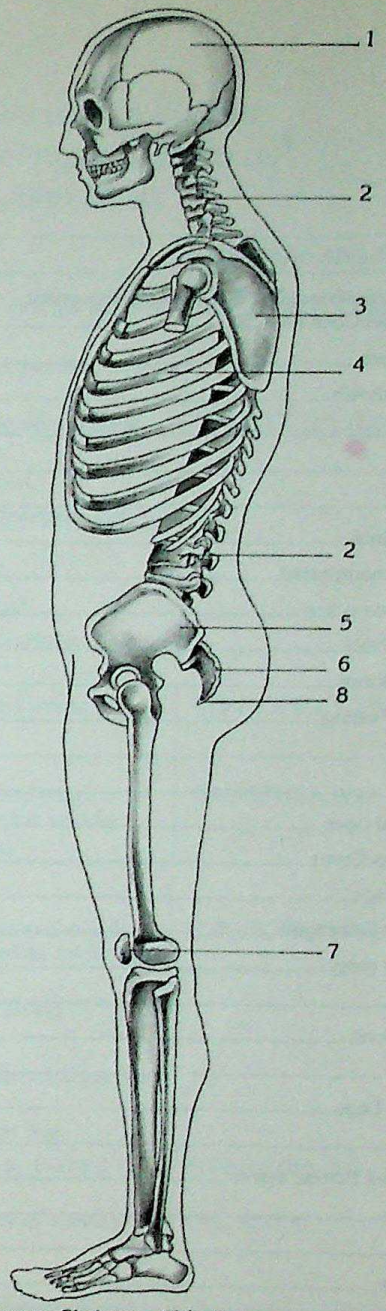
The derangement of the immune system of the body affects the fibrous tissue around the joints and causes them to become stiff, distorted and dislocated. This is known as rheumatoid arthritis.

As the locomotor system in the human body is working most of the time, it is subject to pain, stiffness and swelling frequently. In turn, pain, stiffness and swelling make life miserable for the sufferer.(Backache is also a part of the disorders of the locomotor system. But this is discussed separately.)

Regular exercise is necessary to keep fit and to tone up the locomotor system. Exercise makes the muscles supple, strengthens and gives power to the arms, the trunk and the legs and keeps quite a few problems of the locomotor system away.

However, all exercise has to be programmed according to the needs and capabilities of the particular individual. It is good to obtain guidance in this matter from persons trained to do so or from a number of excellent books which are available for this purpose. But, whichever way one may like to proceed there is no underestimating the value of regular exercise in keeping the muscles and the bones in the human locomotor system fit, supple and strong.

Proper weight keeps the locomotor system functioning efficiently. Hence obesity should be avoided through diet control as well as through regular exercise.



1. Cranium (Skull)
2. Vertebrae
3. Scapula (Shoulder blade)
4. Ribs
5. Ilium
6. Sacrum
7. Patella (Knee cap)
8. Coccyx

The Human Skeleton - Side View

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INDEX

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THE LOCOMOTOR SYSTEM

Aches/Pain/Soreness/Bruised Feeling/Rheumatic, Arthritic Pain/Gout Pain 259
Acrocyanosis 260
Acroparesthesia 261
Ankles 261
Arm 262
Arthritis 262
Arthritis-Gout 262
Arthritis-Rheumatoid 262
Ataxia-Locomotor 263
Athlete's Foot 264
Broken Bones 264
Bruised Feeling 264
Bunion 264
Bursitis 264
Calcaneal Spur 265
Callosities/Corns 265
Calves/Legs 265
Cartilage Damaged 266
Cerebral palsy 266
Coccyx 267
Convulsions 267
Corn 268
Cramps-Legs 268
Decay 268
Deformed Bones, Joints 268
Eczema 268
Elbows 269
Epilepsy 269
Feet 269
Fingers 269
Fit 270
Fracture 270
Gangrene 270
Gout 270
Hands 270
Heels 271
Hips 271
Housemaid's Knee 271
Ingrowing Toenail 272
Knees 272
Leg Cramps 272
Myasthenia Gravis 272
Nails 273
Osteomyelitis 273
Pain 273
Palms 274
Paralysis 274
Parkinson's Disease/Paralysis Agitans 274
Paronychia 275
Periostitis 275
Rheumatism 275
Sciatica 275
Seizure 276
Shoulders 276
Sinovitis 276
Soles 277
Sprain 277
Stagger 277
Strain 277
Sweating 278
Tendo Achilles 278
Thighs 278
Thumb 278
Tick 278
Toes 278
Ulcers 279
Varicose Veins 279
Whitlow 279
Wrist/Arm 280

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"Pleasure is oft a visitant;
but pain clings cruelly to us".
John Keats

Aches/Pain/Soreness/ Bruised Feeling/ Rheumatic, Arthritic Pain/Gout Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Shooting pain in limbs with numbness, tingling.	ACONITE NAP 30,200
○ Sensation of icy coldness in limbs. Insensibility of hands, of feet.	
○ Rheumatic inflammation of joints; red, shining, swollen.	
○ On exposure to dry cold air.	
○ Pain comes on violently. Acute problems.	
○ Irrational, baseless fear. Anguish.	
● Limbs and body ache as if beaten. Sore, lame, bruised feeling. Even bed feels too hard.	ARNICA 200
○ Injury anywhere; on skull, eye, back, abdomen, joints, feet, ankle, etc.	
○ Internal injury. Bleeding injury.	
● Darting pain with caries in bone.	ASAFOETIDA 30
● Inflammatory rheumatism. Joints swollen, red, hot, very sensitive.	BELLADONNA 200
○ Sudden inflammation on exposure.	
○ Localised inflammation.	
○ Violent cramps.	
○ Worse motion, even slight jolt.	
● Inflammatory rheumatism. But pain comes slowly; severity gradually increases, not suddenly. One joint after another gets involved.	BRYONIA 200
○ Joints inflamed, red hot.	
○ Better from pressure, firm and strong; from lying on painful side.	
○ Pain worse on movement.	
● Tearing, sticking pain in muscles, as if the parts of the body twisted with a wrench.	CALCAREA CARB 30
○ Lower extremities cold. Knees cold, swollen. Cramps in calves.	
● Tearing pain in joints and bones. Restlessness at night.	CAUSTICUM 200
○ Benumbing pain. Stays long in a part.	
○ Excessive deformity of the joints. Enlarged, soft joints.	
○ Arthritic and paralytic affections.	
○ Progressive loss of muscular strength.	
○ Better by heat of bed or warm applications.	
○ Worse right side.	
● Violent rheumatic pain at night with burning of soles.	CHAMOMILLA 200
○ Pain disproportionately severe.	
● Muscular and crampy pain of neurotic origin in every part of the body. Pain like electric shocks.	CIMICIFUGA 200
○ Rheumatism affecting large muscles.	
○ Cervical pain and stiffness.	
● Intense, deep, aching in bones of extremities with soreness of flesh. Aching in arms, wrists, back, legs, in any bone.	EUPATORIUM PERF 200
○ Calves of legs as if beaten. Bruised feeling.	
○ Moans in pain.	
○ In influenza, bronchitis, malaria, etc. when bone pain is prominent.	
○ In pain in the bones think of Eup Perf first.	
● Neuritis of fingers, finger-tips and toes. Burning pain. With tingling, crawling.	HYPERICUM 200
● Wandering, rheumatic pain in joints with swelling, heat and redness.	KALI BI 200
○ Cracking in joints.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ascending, acute, chronic rheumatism.	LEDUM 200
○ Pain shoots up from feet.	
○ Gout.	
○ Joints swollen, hot and pale; swelling and heat in shoulders, hands, fingers, knees, ankles, feet, soles or great toe.	
○ Nodes form in joints.	
○ Hard nodes form first in foot-joints, then in hands.	
○ Face, hands, feet bloated. Skin purple. Looks besotted.	
○ Ankles sweat.	
○ Patient unnaturally cold. Lacks body heat. But uncomfortable in bed. Gets relief from putting feet into cold water.	
○ Worse at night. Takes off cover.	
● Violent pain in acute rheumatism. Neuralgic.	MAG PHOS 200
○ Pain in limbs.	
○ Better by heat.	
● Inflammatory rheumatism; joints swollen, painful. Muscular pain.	RHAMNUS mother tincture. 15 drops every 4 hours.
● Rheumatic pain and stiffness; in fibres, tissues, joints, tendons and sheaths.	RHUS TOX 200
○ Rheumatic pain in nape of neck, loins, thighs and knee-joint. Limbs stiff and paralysed.	
○ Old chronic rheumatic conditions. Cutting pain and soreness in muscles. Bruised pain. Numbness of limbs.	
○ Caused by exposure to damp cold, on suppression of sweat. By straining to lift a weight. By wrong exercise.	
○ Tearing-asunder pain.	
○ Joints hot, painful, swollen.	
○ Cold, fresh air not tolerable.	
○ All Rhus Tox pain feels better for a time from change of position.	
○ Worse at night.	
○ In sprains when Arnica has reduced swelling, administer Rhus Tox to complete the cure.	
● Rheumatoid arthritis with tendency to obesity.	THYROIDINUM 30
○ Oedema of legs.	
○ Coldness and cramps of extremities.	
● Acute.	VERATRUM VIRIDE 30
○ Fever.	
○ Violent electric-like shocks in limbs.	
○ Severe pain in cervical bones and shoulders, in joints and limbs.	

Also please refer 'PAIN' etc under respective limbs in this chapter.

Acrocyanosis

Cold and blue hands and fingers.

In some young women the hands and fingers are always cold and blue on account of poor circulation of blood. The condition may last for many years.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Blueness of skin with icy coldness of the body.	ARSENIC ALB 200
○ All-prevailing debility, exhaustion and restlessness. Exhausting discharge.	
○ Aggravation at night.	
● Blueness of skin.	CARBO VEG 200
○ Imperfect oxygenation of blood and poor digestion.	
○ Hot perspiration.	
● Cold blue nails.	NITRIC ACID 200
○ Sweating palms and hands.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cyanosis with cold sweat, particularly on the forehead. The skin is cold as death. It is clammy. ○ The skin of hand and feet wrinkles.	VERATRUM ALB 200

Acroparaesthesia

An abnormal sensation of itching, tingling or prickling caused by pressure on a nerve in the fingers or the toes or other extremities. There is numbness besides throbbing.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Numbness and tingling which has just started. In acute cases. ○ On exposure to dry cold air. ○ Due to shock. Due to grief. Due to fear.	ACONITE 30
● Numbness of hands and fingers. ○ Worse by heat, after sleep, or in the morning.	LACHESIS 200
● Arms and hands numb with a sensation of crawling. ○ Ascending sensory and motor paralysis from ends of toes or of fingers.	PHOSPHORUS 200
● Numbness of hands and of soles of feet. ● Icy coldness of extremities. ○ Tingling and pricking in fingers and finger-tips. Insensitivity and coldness. A sensation of crawling. ○ Particularly suited to excessive smokers who suffer from violent cramps in fingers. ○ Worse by heat.	RAPHANUS 30 SECALE COR 30

Ankles

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● Tearing pain in ankles, in bones of feet. ○ Better in the warmth of the bed. ○ Worse cold, wet weather.	AMM CARB 30
● Ankles swollen, legs weak and trembling. ○ Rheumatic pain in joints. ○ Worse touch. At noon.	ARG MET 30
● Gouty pain. ○ Ankles sweat. ○ Soles painful. ○ Ball of the great toe swollen. Joints swollen, hot and pale. ○ Hard nodes on joints.	LEDUM 200
SPRAIN	
● Swelling of ankles on account of rheumatic affection of joints. ○ Legs feel weak and trembling. ○ Worse while descending stairs.	ARGENTUM MET 30
● Sprain due to injury. ● A very effective medicine for easy spraining of ankles. ○ Ankles swollen. ○ Soles so painful that the patient can hardly step on them.	ARNICA 200 LEDUM 200
● Sprained and dislocated. Foot bends under. ● In sprains when Arnica has reduced swelling, to complete the cure.	NAT CARB 30 RHUS TOX 200
WEAK	
● Ankle weak; turns in easily. ○ Numbness in lower extremities.	NAT MUR 200

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Arm

Please refer 'WRISTS/ARM' below.

Arthritis

Inflammation of a joint as in gout or in rheumatism.

For medicines please refer 'ACHES/PAIN' etc above.

Arthritis-Gout

An acute inflammation of the joints on account of deposits of uric acid crystals. Pain comes suddenly and is excruciating. There is swelling, redness and tenderness. The big toe-joints are affected most often. But gout can affect the wrists, the elbows, the knees and the ankles also.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Excellent for acute gout. Shooting pain, redness and swelling of joints.	ACONITE FEROX 30
● Chronic inflammation of knee-joints.	CALCAREA FLUOR 200
● Specific medicine in the swelling of the left great toe.	EUPATORIUM PERF 200
○ Soreness and inflammation of the joints associated with headache.	
○ The bone pain is excruciating.	
● It is specific in gout and rheumatism when the affection travels from down upwards.	LEDUM PAL 200
○ Deposit of chalk stone in finger-joints, wrist and toes.	
○ Inflammation of joints.	
○ The patient is chilly; yet the pain is better by cold application.	
● Chronic gout with chalky deposits in joints.	LYCOPODIUM 200
○ Toes and fingers contracted.	
○ Pain in heel on treading as from a pebble.	
○ Painful callosities on soles.	
● Knees, ankles, and small joints of hands and feet affected.	PULSATILLA 30
○ Pain shifts from limb to limb.	
○ Pain at night.	
○ The patient is better in open air, by motion, by warm application.	
○ Worse in a warm room and at rest.	
Also please refer 'GOUT' below.	

Arthritis-Rheumatoid

A chronic problem. It is an inflammatory disease in which there is a progressive and destructive swelling of the joints. Swelling occurs slowly. The disease starts in the small joints of the hands and the feet and moves on to cover the larger joints.

In the affected joints, there is swelling, pain and stiffness, all worse in the morning. The skin is red and shiny where it covers the joints which have been affected by rheumatoid arthritis.

Progressively the joints are destroyed and deformed.

In some cases there may be loss of weight and an onset of fever.

Most of the time the problem lasts life-long. Even prevention is not possible. The medicines given below would, however, reduce discomfort and alleviate suffering.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Remedy for rheumatism of small joints.	ACTEA SPICATA 30
○ Tearing and tingling pain in the affected parts.	
○ Fingers, ankles, toes are affected. Swelling occurs on slight exertion.	
○ Wrist rheumatism. The wrists are swollen red and are worse on motion.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Joints red, swollen, and hot. ○ Stitching, tearing pain. ○ Knees stiff and painful. ○ Hot swelling of feet. ○ Every spot is painful on pressure. ○ Better rest. ○ Worse motion.	BRYONIA 200
● Arthritic and paralytic affections. Progressive loss of muscular strength. Worse right side. ○ Joints enlarged, soft. Benumbing pain which stays long in a part. ○ Tearing pain in joints and bones. ○ Excessive deformity of joints. ○ Better by heat of bed or warm application. Restlessness at night. ○ Worse in dry weather.	CAUSTICUM 200
● Very effective in rheumatism of the large muscles.	CIMICIFUGA 200
● Tearing pain in limbs during warm weather and a stinging pain during cold weather. ○ Sensation of pins and needles in hands and wrists. Finger-tips go numb. ○ Joints are stiff and feverish. ○ Inflammation of great toe. Gout in heel. Cannot bear to have it touched or moved. ○ Shifting rheumatism with pain worse at night.	COLCHICUM 200
● Softens and absorbs nodes and other abnormal growths of the bones. Pain severe. Some weakness. Parts red.	FLUORIC ACID 200
● Chronic arthritis with gout before deformity has set in. ○ In acute rheumatic fever. ○ In acute gonorrhoeal arthritis.	FORMIC ACID 30
● Hot, painful swelling of joints. Rheumatic pain spread over a large surface, nape of neck, loins and extremities. The pain is temporarily reduced on motion. ○ The limbs are stiff, as if paralysed. ○ The patient does not tolerate cold, fresh air. ○ There is loss of power in forearm and fingers, a crawling sensation in the tips of fingers. Tingling in the feet. ○ The patient is better by warmth, in dry weather, on walking or by change of position.	RHUS TOX 200

Ataxia-Locomotor

Loss of the co-ordination of the muscles, particularly of the extremities. The movements of the patient are clumsy. He is unable to keep his balance. This is caused by a disease of the brain or of the spinal cord.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Jerking, twitching and trembling, accompanied by itching. ○ Neuralgia in locomotor ataxia.	AGARICUS 200
● An excellent remedy for locomotor ataxia. ○ The mind is bewildered and confused. Depressed. Desires to be left alone. ○ Must concentrate his mind on walking. ○ Cramps of muscles in the front of the leg, while walking. ○ Loss of co-ordination and paralysis. ○ Worse in the morning.	ARAGALLUS 200
● Rigidity of calves. Debility, especially in calves. The patient walks and stands unsteadily. ○ Numbness of arms. ○ Locomotor ataxia with gastric symptoms.	ARGENTINUM NITRICUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Weakness in the small of the back as if paralysed.	COCCULUS 200
○ Knees give out when walking. Cracking.	
○ Limbs when straightened out hold for a little while, but can be flexed only with great pain.	
○ Hands and arms numb. Go to sleep. Alternately hot and cold.	
○ Soles of feet go to sleep when sitting.	
○ Worse after sleep.	
● Lightning-like pain in locomotor ataxia. Neuralgia of head and face.	ZINCUM PHOS 200
○ Brain fag, nervousness and vertigo.	

Athlete's Foot

An infection common to adolescents who use public changing rooms. It is a fungus infection caught generally on the toes and soles of the feet. There is itching, at times quite irritating. Between the fourth and the little toe the skin becomes excoriated, pulp-like with cracks. Inflammation of the soles and the heels makes these bright red and covered with white scales.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● An excellent remedy for Athlete's foot. It is rapid in action.	BACILLINUM 200 One dose per day.
● Pimply eruptions, pustules and cracks. Excoriation in the folds of the skin.	SULPHUR 200
○ Itching, burning, worse scratching and washing.	

Broken Bones

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Repairs broken bones. Speeds up joining.	CALC PHOS 200

Bruised Feeling

For medicines please refer 'ACHES/PAIN...' above and 'INJURIES etc' in the chapter 'MISCELLANEOUS'.

Bunion

Enlargement and deformity of the joint at the base of the big toe. The skin is tender, red and hard.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● A specific for bunion of the great toe. Tearing pain in the toe.	BENZOIC ACID 30
● Gouty inflammation of the big toe-joint. Rheumatic, tearing pain.	RHODODENDRON 30
○ Worse at rest.	

Bursitis

An affection of the elbow or of the knee-cap. Bursa, a protective sac between the skin, the muscles and the bone, containing lubricating fluid, gets inflamed. The affected part is swollen and hot.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● If the inflammation has been caused by an injury, the treatment would, by and large, be confined to this medicine.	ARNICA 200
● Pain and swelling in knees which crack on motion. Tearing pain.	BENZOIC ACID 30
○ Worse in open air, by uncovering.	
● Inflammatory swelling of knee.	COCCULUS 200
○ Paralytic, drawing, intense pain.	
● If pus has formed in the swelling. Shooting pain.	SILICEA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Housemaid's knee. ○ Bursitis in elbow. ○ Shooting pain. Swelling. Heat and redness of joints. ○ Caused by excessive kneeling.	STICTA 200

Calcaneal Spur

A sharp projection of the heel bone causes inflammation in the sole of the foot. The pain is acute and is worse on standing or walking. Use of flat-soled shoes with heels raised inside is recommended.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain in sole of foot due to heel-bone projection. ● Severe pain in the heel. ● Pain in heel as from treading on a pebble.	ARANEA DIADEMA 30 CALCAREA FLUOR 1000 LYCOPODIUM 200

Callosities/Corns

Commonly formed on the sole of the foot on account of pressure or friction on a part of the skin next to a bone. The skin turns hard, thick and loses sensitivity.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inflamed corns. Large, horny formations.	ANTIM CRUD 200
○ Feet very tender. Pain in heels. ● Painful callosities on the soles. Toes and fingers contracted.	LYCOPODIUM 200
○ Pain in heel as from treading on a pebble. ● Corns and callosities from pressure; formed by shoes.	SULPHUR 200
● For local application to get relief. ○ Corny skin, hard, thick and insensitive.	THUJA mother tincture

Calves/Legs

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
CRAMPS	
● In calves. ○ As if paralysed. ○ In old persons.	ANACARDIUM 200
● In calves. Knees cold. ● In calves. ○ Better getting out of bed and standing. ○ Worse after midnight.	CALC CARB 30 CUP ARSENITUM 30
● In calves, soles, and in palms. In epilepsy. ● With pain like an electric flash.	CUP MET 200 VERATRUM ALB 200
DECAY	
● Necrosis of tibia.	PHOSPHORUS 200
INFLAMMATION/PAIN/SWELLING	
● Swelling and coldness of legs and feet. Chronic gouty paroxysms. ○ Tearing pain in warm weather. ○ Stinging pain in cold weather. ○ Pain worse at night.	COLCHICUM 30
● Painful stiffness of calves. Sudden loss of strength. Difficult gait, trembling. Muscular weakness. ○ Ascending paralysis.	CONIUM 200
● Violent pain as if bound with cords. Gait unsteady. ○ Trembling of all limbs. ○ Extremities cold.	LOLIUM 30
● Dropsical swelling of feet and legs. Cold, clammy sweat on legs at night.	MERC SOL 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain in legs, ankles, feet, heels, toes and under-side of thighs. Feet puffed. Rheumatic pain flying like electric shocks.	PHYTOLACCA 30
○ Worse in the morning.	
NUMBNESS	
● Of knees, legs, feet. Of lower extremities. With tingling.	NAT MUR 200
STIFFNESS/PARALYSIS	
● Legs greatly emaciated. Joints stiff and lame.	ARG NIT 200
○ Rigidity of calves. Debility.	
● Paralysis and stiffness of both legs. Legs seem too heavy. Staggering gait. Failure of muscular co-ordination in legs. Anaesthesia of the legs.	SULFONAL 30

Cartilage Damaged

An injury to the knee generally suffered by sportsmen. A tear of one of the cartilages in the knee-joint. The knee gets swollen and painful.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe pain caused by sudden twist of the knee-joint. Inflammation.	ACONITE NAP 30
○ Knees unsteady. Tendency of the foot to turn.	
○ Weak and lax ligaments.	
● Swelling in knees with stinging pain.	APIS 200
● Result of an injury. First medicine.	ARNICA 200
● Pain in knee, worse on movement. Knee stiff and painful.	BRYONIA 200
● The knee is locked. Does not straighten fully. Stiffness in the hollow. Tearing pain in knee-joint. Cracking and tension.	CAUSTICUM 200
○ Better by warmth; with the heat of the bed.	

Cerebral Palsy

A group of movement disorders resulting from an injury to the brain but at times present from birth. The patient suffers from increased tightness of muscles called spasticity. The muscles are weak. The child moves with unusual postures and stiffness.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Palsy of upper and lower limbs from incipient softening of spinal cord. Weakness all down the spine.	AGARICUS 200
○ Slight spasm of arms.	
○ Paralysis of lower limbs.	
○ Violent pain in affected parts. Pain in lumbar region.	
○ Upper and lower limbs go to sleep.	
○ Worse during exertion in daytime, sitting.	
● Paralysis agitans. Constant nodding of head.	AURUM SULPH 30
● Paralysis agitans.	BUFO 30
○ Idiotic. Weak memory.	
○ Extremities weak, trembling and heavy.	
○ Twitching of whole body, increasing rapidly in severity.	
○ Fainting fits.	
● Palsy of lips, of pharynx, of vocal cords.	CAUSTICUM 200
○ Paralysis of tongue. Deglutition and speech more or less destroyed.	
○ One-sided paralysis. Unsteadiness of muscles of forearm and hand. Unsteady walking and easy falling.	
○ Weak knees. Weak ankles.	
● Palsy after concussion of spine. Palsy without spasm.	CONIUM 200 Once a day.
○ Ascending paralysis.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Hands unsteady.	
○ Muscular weakness of lower extremities.	
○ Difficult gait. Legs stiff. No strength to walk.	
○ Painless lameness.	
● Epileptic attacks ending in deep sleep. Spasms and convulsions.	HYOSCYAMUS 200
● Descending paralysis. Upper extremities affected first.	MERC SOL 200
○ Trembling extremities, especially hands. Paralysis agitans.	
○ Twitching of arms and legs. Tearing pains. Limbs rigid and immobile.	
○ Worse, night.	
● Multiple cerebro-spinal meningitis. Tremors followed by paralysis.	PLUMBUM 200
○ Palsy of tongue, of organs of speech.	
○ Wrist drop or painters' palsy.	
○ Right side extremities affected more than left side.	
○ Obstinate constipation may be present.	

Coccyx

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● Pain in coccyx bones; lancinating, tearing. Usually with urinary problems.	CANTHARIS 200
● Tearing pain and jerking in coccyx especially during menstruation.	CICUTA 200
● Spinal concussion. Injury to coccyx.	HYPERICUM 200
● Neuralgic pain in the coccyx. Must sit still.	LACHESIS 200
○ Worse rising.	
ITCHING	
● Intolerable itching at the tip of coccyx.	BOVISTA 30

Also please refer 'COCCYDYNIA' and 'PAIN' in the chapter 'BACK/NECK'.

Convulsions

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Convulsions in children on account of cerebral congestion.	BELLADONNA 200
○ Sudden onset. Intense fever. Skin hot, face red; the child jumps in sleep.	
● Frightful convulsions. Curved limbs cannot be straightened nor straight ones bent. Violent contortions.	CICUTA 200
○ Convulsions in children cutting teeth or with worms.	
○ Excessively violent spasm and convulsions as a result of concussion of head or spine.	
○ First use Arnica in concussion; to be followed by Cicuta.	
○ Twitching and jerking; distortion of limbs. Child throws arms from side to side.	
○ Sudden inward jerking of fingers of the right hand. Convulsions in the night. Has worms.	
● Convulsions with cramps in epilepsy, cholera, whooping cough, etc. In dysmenorrhoea.	CUP MET 30, 200
○ Cramps in meningitis, scarlatina.	
○ Cramps in calves, legs, palms.	
○ Epileptic fit. Aura begins at knee. Cyanosis sets in.	
● Trembling, quivering, jerking of all the muscles of the body. Convulsions come with great violence. In menstruation, in labour pains. During sleep.	HYOSCYMUS 200
○ Cramps in toes and in calves.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Violent jerking, twitching and trembling of limbs. Spasm provoked by slightest touch.	STRYCHNIUM 30
○ Rheumatism of joints with stiffness.	
● Multiple sclerosis. Trembling, twitching and jerking. Constant movement of legs.	TARENTULA HISPANICA 30
○ Yawning.	

Also please see 'CONVULSIONS' and 'EPILEPSY' in the chapter 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN'.

Corns

Please refer 'CALLOSITIES/CORNS' above.

Cramps in Legs

Sudden, involuntary contraction of a muscle or a group of muscles. Severe pain immobilises the sufferer. The cramped muscle feels tied in hard knots.

Immediate relief can be obtained by holding the toes and the upper part of the foot of the leg undergoing cramp and pulling it towards the body.

For medicines please refer 'CALVES/LEGS' above.

Decay

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bone decay.	AURUM MET 200
○ Decay of bones in secondary syphilis.	
○ Caries of nasal, palatine and mastoid bones.	
○ Fetid discharge from nose which is ulcerated, obstructed, painful and swollen.	
○ Soreness of affected bones.	
○ Better in open air. Worse at night.	

Deformed Bones, Joints

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Deformed extremities. Crooked spine.	CALCAREA CARB 30
○ Deficient, irregular bone development. Softening bones.	
● Excessive deformities of joints in rheumatism. Joints enlarged, soft, painful.	CAUSTICUM 200
○ Chronic rheumatism. Tearing pains.	
○ Better warmth, especially heat of the bed.	
○ Worse in dry weather.	
● Enlarged joints in acute rheumatism. Reduced to normal size rapidly by Kali Mur.	KALI MUR 200
● Underdeveloped infants. Bones do not grow.	SULPHUR 200. To follow Calc Carb.

Eczema

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of joints. Itching eruptions.	AETHUSA 30
● Of hands. Circumscribed pigmentation following eczematous inflammation.	BERBERIS VULGARIS 30
● Ulcers discharging a glutinous fluid, thin and sticky, in joints of hands. Of legs.	GRAPHITES 200
● Of joints: raw, red and inflamed. Crusty eruptions.	NAT MUR 200
● Of hands. Thick, greenish crusts; burning and itching; redness; cracks bleed easily. Of legs.	PETROLEUM 200
● Burning eczematous eruptions with tendency to scale formation.	RHUS TOX 200
○ Intense itching. Skin red, swollen.	

Also please refer 'ECZEMA' in the chapter 'THE SKIN'.

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Elbows

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● Rheumatic affections of elbows and knees. Writers' cramps. Partial paralysis of forearm.	ARG MET 30
○ Worse touch.	
● Tennis elbow. Sprain. Injury.	ARNICA 200
● Stitches in elbow-joint.	PHOSPHORUS 200
○ Arms and knees numb. Can scarcely hold anything with hands.	
NUMBNESS	
● Numbness around elbows.	PULSATILLA 30

Epilepsy

For medicines please refer 'CONVULSIONS' above as well as in the chapter 'THE MIND, EMOTIONS' etc.

Feet

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
BURNING/ITCHING	
● Feet and soles burning, itching.	CALC SULPH 30
● Burning in soles and hands at night.	SULPHUR 200
INFLAMMATION/PAIN/SWELLING	
● Swelling with stiffness.	APIS 200
● Painful swelling. Joints red, swollen, hot.	BRYONIA 200
○ Worse on movement.	
● Gouty pain in feet. Swollen and hot. Ball of great toe swollen. Ankles swollen. Soles painful. Hard nodes on joints of feet.	LEDUM 200
● Rheumatism of the feet.	MANGANUM ACETICUM 30
○ Progressive paralysis of the lower parts of the body including legs.	
○ Wasting, feeble and staggering gait. Walks stooping forward, tending to fall forward.	
● Pain and stiffness in bones of feet and fingers.	RUTA 200
● Soreness, suppuration in instep and soles.	SILICEA 200
NUMBNESS/CRAWLING	
● Soles of feet go to sleep when sitting.	COCCULUS 200
● Numbness and tingling in lower extremities and fingers. In knees, legs and feet.	NAT MUR 200
SWEAT	
● Profuse, offensive sweat.	BUTYRIC ACID 30
● Feet cold, damp. Sour foot sweat.	CALC CARB 30

Fingers

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
FISSURES/ERUPTIONS	
● Tips of fingers rough, cracked, fissured every winter.	PETROLEUM 30
● Eruptions around fingers.	PSORINUM 200
INFLAMMATION/PAIN/SWELLING	
● Arthritic pain.	ANTIM CRUD 200
● Gouty swelling of joints of fingers.	CALC FLUOR 30
● Fingers swollen, insensible. In chronic rheumatism.	CARBO SULPH 30
● Traumatic neuralgia. Crushed fingers, especially tips. Nerve pain. Neuralgia of fingers, toes, nails.	HYPERICUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
NUMBNESS	
● Fingers blue and numb, icy cold.	ACONITE 30
● Dropsy in hand with numb fingers.	APIS 200
● Icy coldness of tips of fingers.	CHELIDONIUM 30
○ Liver sluggish.	
● Tingling, burning and numbness. Great nerve remedy. Also please refer 'ACROPARAESTHESIA' above.	HYPERICUM 200
PARALYSIS	
● Sensory and motor paralysis of fingers. Cannot hold anything in hand. Paralysis ascending from toes upwards.	PHOSPHORUS 200
● Paralysis of the arms and fingers in chronic rheumatism. Tingling sensation in hands and fingers on grasping anything.	RHUS TOX 200
● Paralytic weakness. Drops things. Typist's paralysis. Fingers jerk when holding pen.	STANNUM 30

Fit

Please refer 'CONVULSIONS' above.

Fracture

A bone cracks because of an injury or on account of bone fatigue, etc. An orthopaedic surgeon should be consulted without delay. The following medicines would however relieve pain and greatly help in early healing.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First medicine in injury resulting in a bone fracture.	ARNICA 1000
○ Repeat every day till pain and swelling subside.	
○ In acute cases more than one dose a day can be given.	
● Promotes repair, reunion of broken bones.	CALC PHOS 30
○ To be continued for a long time, till recovery is complete.	
● Follows Arnica to give relief from pain when fracture is a result of a sprain.	RUTA 200

Gangrene

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Diabetic gangrene.	ARSENIC ALB 200

Gout

An excess of uric acid salts collects in various organs because the chemical laboratory in the body is not functioning properly. This causes inflammation and pain in the ears, the elbows, the hands, the knees, the feet and the tendons.

The pain is sudden, acute and is accompanied by swelling and redness.

Big toe-joints are affected more than other parts of the body.

For medicines please refer 'ARTHRITIS-GOUT' above.

Hands

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
BURNING	
● Hot and sweating. Burning at night.	SULPHUR 200
CRAMPS	
● Cramps in hands and fingers.	AMBRA GRISEA 30
● Writers' cramps. Cramps of fingers of sitarists, violinists, pianists.	MAG PHOS 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
• Rheumatic pain. Gout. Hard nodes on joints of hands, feet. Starting in feet, going upwards.	LEDUM 200
○ Worse at night.	
• With stiffness of hands and wrists.	RUTA 200
NUMBNESS	
• Icy coldness of hands and feet. Insensibility. Numbness and tingling. Shooting pain.	ACONITE NAP 30
• Numbness of hands and tips of fingers with dropsy.	APIS 200
• Pins and needles in hands and wrists. Finger-tips numb.	COLCHICUM 30
• In chronic rheumatism. Paralysis of the arm leading to numbness in hands on grasping.	RHUS TOX 200
PARALYSIS AGITANS	
• Constant nodding of the head. Sometimes of other limbs.	AURUM SULPH 30
• Involuntary shaking of hands; ceaseless; also of other limbs.	MAG PHOS 200
○ Finger-tips stiff and numb. Relieved by hot application.	
○ Neuralgic pain of hands and fingers.	
RED	
• Bright red eminence on both hands.	ACONITE NAP 30
WEAKNESS	
• Unsteadiness of muscles of hands and forearm.	CAUSTICUM 200

Heels

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
PAIN	
• Intolerable pain, as if pinched by too narrow a shoe; worse, right.	CHELIDONIUM 30
• Soreness of heels with weakness.	KALI BI 200
○ Pain in bones worse on exposure.	
Also please see 'CALCANEAL SPUR' above.	

Hips

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
CRAMPS	
• Cramp-like pain in hips. Sciatica pain, left side. Drawing, tearing pain.	COLOCYNTHIS 200
○ Better from pressure and heat.	
INFLAMMATION/PAIN/SWELLING	
• Hip-joint and thigh feel lame, especially after lying down.	ACONITE NAP 30
• Pain as if the hip is broken, as if pelvis was falling apart.	AESCULUS 30
• Pain worse on movement. Painful on pressure.	BRYONIA 200
• Rheumatic pain in hips and thighs; worse right side.	CHELIDONIUM 30
• Hip-joint painful as if sprained.	PULSATILLA 30
• Violent pain in left hip.	STRAMONIUM 30

Housemaid's Knee

Excessive kneeling whether of the housewife or of any other person causes painful inflammation in the knee.

For medicines please refer 'KNEES' below.

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Ingrowing Toenail

Nail of the big toe grows inwards in the front. The condition can be caused by shoes which are too tight or by wrong clipping of nails.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Abscess on account of ingrowing toenail. Shooting pain even on slight pressure.	HEPAR SULPH 200
● Specific for ingrowing toenails. Suppuration. Chronic cases which do not heal easily.	SILICEA 200

Knees

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● Pain in knees. Weakness. Stiffness. Crackling in all joints.	ANGUSTURA VERA 30
○ Rheumatic and paralytic complaints. Walking painful. Knee hurts.	
● Synovitis. Swelling in knees, stinging pain. Shiny knees.	APIS 200
● Pain and swelling in knees with urinary problems.	BENZOIC ACID 30
● Stiff and painful with swollen feet. Joints swollen, red and hot. Rheumatic inflammation.	BRYONIA 200
○ Worse on movement.	
● Chronic synovitis. Inflammation of knee-joint.	CALC FLUOR 30
○ Worse on motion.	
● Sharp pain in knees, ankles, calves, soles.	CANNABIS INDICA 30
● Inflammatory swelling of knees. Cracking on motion.	COCCULUS 200
● Left knee-joint painful.	COLOCYNTHIS 200
● Rheumatic pain in right knee.	JACARANDA 30
● Chronic rheumatic inflammation of the knee-joint. Gout. Hard nodes on joints.	LEDUM 200
● Inflammation with pus. Chronic cases.	SILICEA 200
● Housemaid's knee. Shooting pain. Inflammatory rheumatism.	STICTA 30
○ Neighbouring muscles red, swollen and hot.	
● Pain due to contraction of tendons in bends of knees.	TELLURIUM 30
NUMBNESS	
● Knees cold. Cramps in calves.	CALC CARB 30
● Cold from knees down. Limbs go to sleep.	CARBO VEG 200
● Numbness and tingling in knees, feet, legs.	NAT MUR 200
STIFFNESS	
● Stiff and painful knee. Movement increases pain.	BRYONIA 200
● Crackling and tension. Stiffness in the hollow of knee.	CAUSTICUM 200
● Knees stiff. Scalding sensation in knees.	PETROLEUM 30

Please also refer 'CARTILAGE DAMAGED' above.

Leg Cramps

Please refer 'CRAMPS-LEGS' and 'CALVES/LEGS' above.

Legs

Please see 'CALVES/LEGS' above.

Myasthenia Gravis

A chronic condition in which the muscles all over the body tire very soon with activity. It is a rare problem. The jaw and the throat muscles tire so that the sufferer finds it difficult to take a meal. The vision deteriorates as the day advances. The lips retract and cause an involuntary smile. In the worst of cases the muscles controlling breathing are paralysed.

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This condition requires immediate medical attention and may require hospitalization.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● To start the treatment with. ○ Abnormal exhaustion of muscles.	CAUSTICUM 1M. One dose every 4th day. Continue for a long time.
● Weakness of muscles with anaemia. Worse after any active effort. ○ Weakness from mere speaking or walking, though looking strong. ○ Pallor of skin, mucous membranes, face, alternating with flushes. Face fiery red and flushed from least pain, emotion or exertion. ○ Cold extremities; oversensitivity. ○ Pain in hip-joint, tibia, soles and heel.	FERRUM MET 30

Nails

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
BRITTLE/SPLITTING	
● Fingernails grow in splits. Like warts.	ANTIM CRUD 200
○ Toe-nails brittle.	
● Crippled nails with white spots.	SILICEA 200
● Brittle, crumbling, distorted.	THUJA 200
INFLAMMATION/PAIN/SWELLING	
● Neuralgia in finger-nails.	BERBERIS VULGARIS 30
● Pus with shooting pain.	HEP SULPH 200
● Inflammation around root of nail.	NAT SULPH 30
● Septic condition. Pus formed. Painful.	SILICEA 200
THICK, MISSHAPEN	
● Finger and toenails thick, and grown out of shape.	GRAPHITES 200

Osteomyelitis

A bacterial infection of the bone. Causes acute pain, swelling, high fever with shivering. Usually affects children or teenagers.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High fever with cold sweat and icy coldness of face. Cold waves pass through body. Numbness. ○ Mental anguish, restlessness. Baseless fear. ○ Shooting pain in extremities. ○ Acute, sudden and violent invasion. ○ Chilly if uncovered or touched.	ACONITE NAP 30
● A high feverish state. Feet icy cold. No thirst. ○ Shooting pain in limbs. Joints swollen, red, shining with red streaks radiating.	BELLADONNA 200
● Joints red, swollen, painful. Stitching, tearing pain. ○ Fever with full, hard pulse. ○ Chill with external coldness. ○ Worse on motion, warmth, touch.	BRYONIA 200
● Fever with chill. Heat. Violent thirst. ○ Arms and legs weak. Pain in back.	NAT MUR 200
● In chronic osteomyelitis. Discharges frequent from abscesses between the skin and the bone. ○ Broken bone pieces in the pus. Retarded healing.	SILICEA 200

Pain

Please refer 'ACHES/PAINS' etc above and 'INFLAMMATION/PAIN/SWELLING' under various parts of the body in this chapter.

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Palms

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
CRAMPS	
● Cramps in palms.	CUP MET 200
HEAT	
● Hot and perspiring.	NAT MUR 200
● Burning.	SANGUINARIA 30
NODULES	
● Formed in the palms on account of holding tools continuously. Thickening skin.	RUTA 200
WARTS	
● Warts on palms of hands.	ANACARDIUM 200

Paralysis

A condition caused by loss of muscular control on account of some damage to the brain. The patient is unable to contract and move the muscles in the normal fashion.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Paralysis of lower limbs with atrophy.	ARSENIC ALB 200
○ All-prevailing debility. Restlessness. Burning pain.	
● Paralysis agitans. Constant nodding of head.	AURUM SULPH 30
● Paralysis of the lower extremities.	CANNABIS INDICA 30
● Paralysis of knees. Congestion of nerve centres.	CARBO SULPH 30
● Gradually-appearing paralysis.	CAUSTICUM 200
○ Local paralysis of vocal cords with loss of voice.	
○ Paralysis of muscles of eyelids, of face, in the oesophagus, of tongue, of bladder, of extremities.	
○ Deformities of joints.	
○ Restlessness at night.	
○ Worse right side.	
● Of lower extremities, spreading upwards. Severe pain in coccyx.	CONIUM 200
○ Paralysis of oesophagus. Food goes down some distance, then stops.	
● Right-sided paralysis.	CROTALUS 200
● Paralysis of the left side of the body, later extending to right side. Very effective remedy.	LACHESIS 200
● Paralysis agitans. Ceaseless, involuntary jerking of hands, of limbs, of knees.	MAG PHOS 200
○ Finger-tips stiff and numb. Cramps of fingers.	
○ Cramps in calves.	
● Ascending sensory and motor paralysis from ends of fingers or of toes. Great difficulty in holding anything in hand. Numbness in arms and hands.	PHOSPHORUS 200
○ Stitching pain in shoulder-joint and elbow.	
● Infantile. Caused by exposure to damp cold; by exposure of a perspiring body to damp cold.	RHUS TOX 200
● Paralysis. Weak spine. Spinal cord anaemia. Chorea.	STRYCHNIA PHOS 30
○ Better rest and in open air.	
○ Worse motion.	

Parkinson's Disease/ Paralysis Agitans

The patient develops tremors in arms, hands and legs. He experiences a weakening of facial muscles and lack of facial expressions. His stare is vacant, his mouth open. His hands tremble involuntarily. His head nods rhythmically. It is a chronic, nervous and progressive disease.

For medicines please refer 'HANDS' and 'PARALYSIS' above.

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Paronychia

An inflammation of the tissue surrounding the nail of a finger or toe. There is throbbing pain; the skin is swollen and red and there is pus formation.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Skin red and swollen. Painful.	BELLADONNA 200
● Pus formed. Shooting pain.	HEPAR SULPH 200
○ The nail suppurates, loosens and comes off.	
● Inflammation around root of nails.	NATRUM SULPH 200
● Chronic cases. Difficult healing.	SILICEA 200

Periostitis

An inflammation of the thin layer of the tissue surrounding a bone.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inflammation. Pain. Caused by anything.	APIS 200
● When inflammation is caused by an injury.	ARNICA 200
● Pain, stiffness, swelling and cracking of any joint. Pain shifts from place to place.	KALI BI 200
● Dropsical swelling of feet and legs. Limbs weak. Cold, clammy sweat on legs at night.	MERC SOL 200

Rheumatism

Any disorder of the extremities or of the back, characterised by pain and stiffness.

For medicines please refer 'ARTHRITIS, RHEUMATOID'.

Sciatica

An abnormal pressure on a part of the sciatic nerve may cause trouble in the back and in the limbs. The pain can be excruciating. The sciatic nerve has its roots in the lower back. From there it runs down the legs. The pain is sudden. At times it sets in gradually.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With sensation of ice water poured along the course of nerves, with crawling sensation.	ACONITE NAP 30
○ Baseless fear. Shock. Anguish.	
● Intermittent pain. Violent, burning, tearing pain in left hip, running to thighs. Restlessness. Prostration.	ARS ALB 200
○ Better warm application.	
● With flying pains returning regularly.	CARBO SULF 30
○ With facial neuralgia.	
● Left-sided, with numbness. Progressive loss of muscular strength.	CAUSTICUM 200
○ Restlessness at night.	
○ Better by warmth, by heat of the bed.	
● Pain which just cannot be withstood. "God, give me death. I cannot bear it". Such is the cry of the patient.	CHAMOMILLA 200
● Cramp-like pain in hips. In knee-joint.	COLOCYNTHIS 200
○ Better from pressure and heat.	
○ Worse gentle touch.	
○ A very important medicine for sciatica.	
● Right side. Pain shoots down the thigh.	DIOSCOREA 30
○ Cramps in fingers and toes.	
○ Better when perfectly still.	
○ Worse at night, lying down.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Left-sided. Tearing pain in tibia. ○ Wandering rheumatic pain in joints. ○ Better motion. ○ Worse hot weather.	KALI BI 200
● Right-sided. Legs feel numb and stiff. Cramps in feet. ○ Rheumatic pain in extremities, in the back. ○ Worse one morning, next evening and so on.	LAC CANINUM 30
● Pain on exposure to damp cold; on exposure while sweating. Pain on muscular exertion. Temporary relief on movement. ○ Worse in bed, at night or resting.	RHUS TOX 200, 1000, 10,000
● Pain going deep into nerves. ○ Worse cold, lying down.	RUTA 200
● With oedema of ankles. Chronic spasms of ankle-joint. Pain in joints. ○ Better immersing in hot water. ○ Worse on movement.	STRONTIA 30
● Pain like electric flashes. Cramps in extremities with vomiting and purging. Cramps in calves. ○ Cold sweat. Prostration.	VERATRUM ALB 200
● Shooting pain in both thighs with pain in upper extremities, shoulders and elbow. ○ A glow of heat rises from feet to the head. The body seems to be on fire. ○ Worse in winter, cold weather, in bed, on movement.	VISCUM ALB 30

Seizure

Please refer 'CONVULSIONS' above.

Shoulders

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● Rheumatic pain between shoulders.	CAMPHOR 30
● Pain across shoulder and spine. Must stoop. Cannot walk erect.	CANNABIS INDICA 30
● Constant pain under right shoulder-bone. Cases of liver disorder.	CHELIDONIUM 30
○ Icy coldness of tips of fingers. ○ Pain in arms, shoulders, hands, tips of fingers.	
● Throbbing pain in right shoulder. Rheumatism beginning in the feet, going up. Gouty pain in joints. ○ Worse on motion.	LEDUM 200
● Stitching pain in joints. Ascending sensory and motor paralysis from ends of fingers and toes.	PHOSPHORUS 200
● Shooting pain in the right shoulder.	PHYTOLACCA 30
● Right-sided neuritis. Rheumatic pains.	SANGUINARIA 30
NUMBNESS	
● Coldness, numbness, tingling.	CAMPHOR 30
STOOP	
● Stoop-shouldered.	SULPHUR 200

Sinovitis

Inflammation of the knee or ankle-joint usually after an injury.

For medicines please refer 'KNEES' above.

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Soles

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
BURNING	
● At night. Wants to put feet out of bed to obtain comfort.	CHAMOMILLA 200
● At night. In soles and hands.	SULPHUR 200
○ Worse in the warmth of the bed.	
CORNS	
● Corns and callosities form on pressure. Soles excessively tender.	ANTIM CRUD 200
Please also see 'CALLOSITIES/CORNS' above.	
INFLAMMATION/PAIN/SWELLING	
● Soles sore from footsweat.	BARYTA CARB 200
● Stitching pain in soles. Pain in heels.	BORAX 200
● Rheumatic pain. Chronic cases. Hard nodes formed in the joints of the feet. Can hardly step on soles.	LEDUM 200
○ Gouty pain.	
○ Pain worse at night, in the heat of the bed.	

Sprain

An injury to a ligament without fracture of bone or dislocation of joint, which causes acute, rapid swelling and inflammation. The pain is worse on movement.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First remedy in any injury.	ARNICA 200, 1000
○ Acute.	
○ Chronic.	
○ Swelling. Inflammation.	
○ Alternate with Ruta 200.	
● Ruta should follow Arnica in sprains, to complete the cure.	RUTA 200
○ For injuries to cartilages, tendons, periosteum, joints, Ruta is specific.	
○ For old neuralgias with stinging, tearing, burning pain. Facial pain. Neuralgia about the eye.	
○ For painful wrist due to overuse of arm in writing.	

Stagger

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Locomotor Ataxia.	CONIUM 200
○ Gait without coordination.	
Please see 'ATAXIA LOCOMOTOR' above.	

Strain

Heavy lifting or severe muscular exercise may cause an injury to the muscles and the tendons. There is swelling and pain.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First medicine for an injury, acute or chronic.	ARNICA 200, 1000
○ Bruised, sore feeling all over.	
○ To be alternated with Rhus Tox for strains.	
● Specific for strains of tendons and muscles from heavy lifting or severe muscular exercise or from wrong posture in lifting.	RHUS TOX 200
○ Extreme restlessness. The patient cannot keep still.	
○ Pain all over in muscles.	
○ Temporary relief on movement.	

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Sweating

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sweating in armpits. Smelling like garlic.	SULPHUR 200

Tendo Achilles

The tendon which attaches the calf muscle of the leg to the back of the ankle snaps in two. The sufferer cannot stand on tip-toe. At the back of the ankle there is sudden and excruciating pain.

Ordinarily the lower leg has to be put in plaster for about two months. Medically advised shoes have to be worn.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Tendo achilles stiff. Pain like electric shocks.	CIMICIFUGA 200
● Tendo achilles swollen and painful.	KALI BICHROMICUM 200
● Tearing, tender pain in tendons. Temporary relief from motion.	RHUS TOX 200
○ The patient does not tolerate cold and fresh air.	
● Aching pain in tendo achilles.	RUTA 200

Thighs

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● In spasmodic pain in muscles of thighs.	PLUMBUM MET 30
● Intense. Shifting pain in thighs and legs.	PULSATILLA 30
● Tearing down pain with or without dysentery.	RHUS TOX 200
○ Temporary relief on motion.	

Thumb

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
INFLAMMATION/PAIN/SWELLING	
● Throbbing pain in tip of thumb.	BORAX 200

Tick Twitching of a muscle.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute, sudden, violent twitching. May be a result of exposure to dry cold air or of an infection. Or due to shock, nervous excitement, fear etc.	ACONITE 30
● Remedy par excellence for twitching.	AGARICUS 200
○ Jerking, twitching, trembling.	
○ Twitching during sleep.	

Toes

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
ECZEMA	
● Of toes and fingers. Loss of nails.	BORAX 30
INFLAMMATION/PAIN/SWELLING	
● Toes, ankles, fingers swollen. Rheumatic swelling.	ACTEA SPICATA 30
● Tearing pain in great toe. Rheumatic pain with urinary disturbance.	BENZOIC ACID 30
● Inflammation of the ball of a toe. Eczema of toes and fingers.	BORAX 200
● Inflammation of great toe. Chronic gouty spasms. Gout in heel.	COLCHICUM 30
● Gouty pain in great toe. Arthritic nodules.	ELATERIUM 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gouty pain in big toe with inflammation. Pain in calves, in feet. Intense pain along sciatic nerve. Numbness alternating with pain.	GNAPHALIUM 30
● Pain in toenails as if grown into flesh.	TEUCRIUM 30

Ulcers

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ulceration of extremities.	ARSENIC ALB 200

Varicose Veins

Swollen and twisted veins on the surface of the legs. There is dull aching pain in the legs after standing. Leg cramps at night.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic cases.	CALC FLUOR 30
○ Cases of old persons.	
○ In women who have given birth to many children.	
○ Varicose veins of lower extremities.	
● Varicosity with offensive, excoriating discharge. Excoriation, superficial, irregular in outline.	CARBO VEG 200
○ Varicose veins of genitals with blueness and burning. Bluish tumours.	
○ Sluggish inflammation, tending to suppuration or gangrene.	
● Veins enlarged. Parts sore. Varicose veins during pregnancy. Stinging, pricking pain.	HAMAMELIS 200 Mother tincture for local application.
○ Swollen piles, burning and bleeding.	
● Swelling and enlargement of veins, particularly of right leg.	LYCOPODIUM 200
○ Of genital organs, of labia during pregnancy.	
○ Often in cases of sluggish liver.	
● The capillaries are spongy and enlarged.	MILLEFOLIUM 200
○ Congested veins break easily. Wounds bleed much and easily.	
○ Painful varicose veins during pregnancy.	
○ Ulcerating veins on legs.	
● It is a preventive as well as a cure. The best medicine for varicose veins.	PULSATILLA 30
○ Varicose veins in legs, about testicles, of bluish colour, with soreness and stinging pain.	
○ Passive haemorrhage.	
● Veins ulcerate, rupture and bleed. Varicose veins of the extremities.	SULPHUR 200
○ Sulphur should be given once a day in addition to whatever other medicine is selected.	

Also please refer under 'THE FEMALE GENITAL SYSTEM'.

Whitlow

An infection of the soft pad of the finger-tip or the thumb.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Whitlow with shooting pain. Nail suppurates, loosens and comes off.	HEPAR SULPH 200
● Whitlow caused by needle puncture.	LEDUM 200
● Renders surgery unnecessary. Hastens suppuration and aborts pus.	MYRISTICA 200
○ An incomparable remedy in sepsis and abscess.	
● Old chronic cases. Pus oozes intermittently.	SILICEA 200
○ When healing stops halfway with another medicine.	

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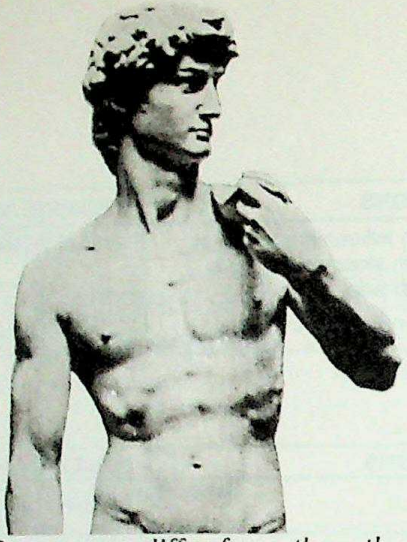
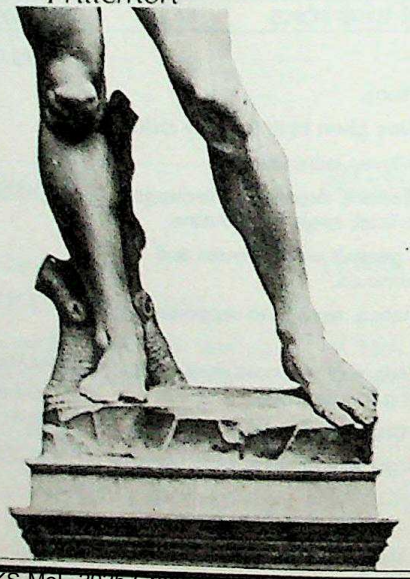
Wrist/Arm

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
CRAMPS	
● Cramps in muscles of forearm. Loss of power of muscular control. Excessive trembling and weakness of limbs.	GELSEMIUM 200
INFLAMMATION/PAIN/SWELLING	
● Pain in wrists, arms, shoulders and ankles.	ABROTANUM 30
○ Pricking and coldness in fingers and feet.	
● Violent pain in wrist. Sprained sensation. Paralysis of wrist.	HIPPOMANES 30
● Aching in arms and wrist. Pain deep in bones. Acute.	EUPATORIUM PERF 200
○ Chronic cases.	
● Neuritis of the right arm in cases of writers. The arm is very painful when writing, from passive motion, from rubbing, from pressure, from both heat and cold.	MERC I.F. 30 (protoiode of Mercury)
○ Better from walking in the open air.	
● Painful as if sprained. Stiffness in the wrist and in right arm. Stiffness with inability to raise arm.	PHYTOLACCA 30
○ Shooting pain in the right shoulder.	
○ Rheumatic pain like electric shocks.	
STIFFNESS	
● Wrists and hands, stiff, sore; aching pain. Sprained.	RUTA 200
○ Pain due to overuse of arm in writing.	
TUMOUR	
● Encysted tumours on the back of the wrist.	CALC FLUOR 30
WEAKNESS	
● Automatic motion of one arm and leg.	HELLEBORUS 30
● Wrist drop.	PLUMBUM MET 30



Does man differ from the other animals? Only in posture. The rest are bent, but he is a wild beast who walks upright.
Philemon



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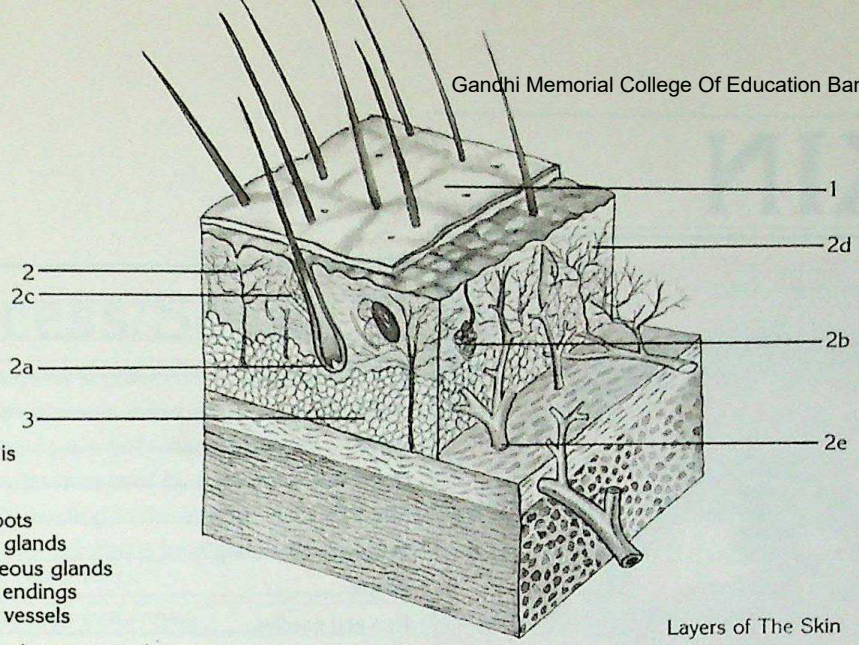
THE SKIN



1. Epidermis
2. Dermis
   a. Hair roots
   b. Sweat glands
   c. Sebaceous glands
   d. Nerve endings
   e. Blood vessels
3. Fat and subcutaneous tissue

Layers of The Skin

The skin is what gives us our outer snape while the skeleton gives the inner form. Without the strong and flexible covering of the skin surrounding the body, it would be difficult to protect various organs of the body from damage either by injury or by infection.

The skin has 3 layers: the epidermis, the outer celled layer; the dermis which contains blood vessels, hair follicles from which hair grow, glands and the innermost layer, that of subcutaneous tissue.

The skin is not uniformly thick over various parts of the body. It is thickest on the soles of the feet and palms of the hands. It is thinnest on the eyelids.

The skin is a great receptor and communicator. The skin is sensitive to touch, pressure, heat, cold and pain. These sensations are conveyed to the brain by the skin through nerve endings. The concentration of these nerve endings differs in various parts of the skin. The fingertips and the lips have a large concentration.

Most parts of the skin have sweat glands, the palm of the hand and the sole of the foot having the maximum.

Glands in the skin, besides producing sweat which cools the body when it is too hot, produce a wax-like substance that helps in the prevention of infection and keeps the skin-surface flexible and proof against water.

When it gets too hot our skin takes on a flushed appearance. This is because the small blood vessels in the skin are expanding in order to lose heat. A constriction takes place in cold weather so that heat can be conserved. We look pale.

The human skin is covered by hair all over. The maximum concentration is on the scalp, under the arms and in the pubic region. Fingernails and toenails are also produced from under the skin.

The skin is being renewed all the time. The cells produced at the base of the epidermis travel to the surface in about two months except in palms of the hands and soles of the feet.

By and large, problems which affect the skin, hair or nails do not threaten life. But, as appearances are very important for human beings, skin discoloration or disfiguration for any reason creates a psychological problem. The skin can be infected by herpes and warts. It can also be infected by bacteria and fungus. Itching of the skin is quite a nuisance. Burning and scal ling of the skin can be very painful. Eczema generally becomes chronic and causes extreme inconvenience. Skin cancer is a serious problem.

Balding is a problem of the skin. It generally runs in families. Not much can be done to grow hair on bald heads.

Abscess of the skin is painful and can lead to boils and carbuncles. With homoeopathic medicines, this can be looked after conveniently.

Acute urticaria with swelling of the tongue or the throat can be an emergency, as can be scalds and burns.

A cut or a bruise triggers off immediately a repair mechanism in the body. The capillaries at the site expand and more blood flows into the area. The colour of the skin turns red. Heat is produced. There is swelling of the wounded tissue because of the excess of blood serum leaking into it. The white blood cells gather forces to fight any invading bacteria. While this cleansing process is going on, the formation of new skin starts almost simultaneously. If no other complications arise, healing of the damaged skin is quite a fast process.

Protect your skin as well as you can. The best device is a clean, comfortable bath at least once and if possible more than once a day. One does not have to use too much of soap. Water alone is enough for keeping the skin clean and healthy most of the time.

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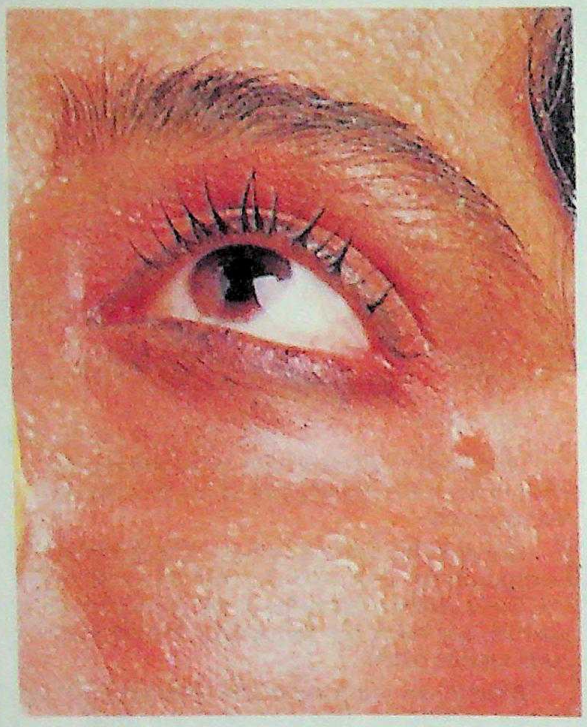
THE SKIN

Abscess/Sepsis 283
Acne Vulgaris 283
Baldness 284
Barber's Itch 284
Bed Sores 284
Black Heads 284
Bleeding 284
Blisters 285
Blue Skin/Cyanosis 285
Boil 285
Brown Spots 285
Bruise 286
Burning sensation 286
Burns/Blisters/Scalds 286
Carbuncles 287
Cellulitis 287
Chilblains 287
Chloasma 287
Coldness 288
Cold Sores/Herpes Simplex 288
Colour 288
Corns/Callosities 289
Crab Lice 289
Cracks/Fissures 289
Cyanosis 290
Cyst 290
Dermatitis 290
Dropsy 290
Eczema/Dermatitis 291
Erysipelas 291



Fissures 292
Foreign Bodies 292
Frostbite 292
Gangrene 292
Glandular Inflammation 294
Herpes Simplex 294
Impetigo 294
Inflammation/Glandular/ Inflammation/Nodules 294
Inflammation of the skin 295
Intertrigo 296
Itching/Pruritis 296
Leprosy 297
Lice 297
Nodules 297
Numbness 297
Odour 298
Oedema 298
Pain 298
Perspiration/Sweating 298
Pimple 298
Pins and needles 298
Prickly heat 298
Pruritis 298
Psoriasis 299
Pus Formation 299
Rash 299
Ringworm 299
Rosacea 299
Sepsis 300
Sensitive 300
Shrivelled 300
Sunburn 300
Sweating 300
Swelling/Dropsy/Oedema 300
Tumour 301
Ulcer 301
Urticaria 302
Varicose Veins 302
Vitiligo/Leucoderma 302
Warts 303

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Abscess/Sepsis

An abscess is a collection of pus under the skin.

When an abscess starts around a hair follicle, it is known as a boil.

A carbuncle is a collection of boils.

An abscess is caused by bacterial infection.

There is swelling in the infected area with severe pain most of the time.

At first the abscess is localised. Later the pus may spread into the blood-stream and cause fever.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Prevents pus formation in injuries.	ARNICA 200
● Abscess in deep muscles like those in neck or thighs.	CALC CARB 30
● With callous, hard edges.	CALC FLUOR 30
● Pus discharge from cuts, wounds, bruises which do not heal easily.	CALC SULPH 30
○ Yellow, thick and lumpy pus.	
● Sepsis after surgery.	CARBO VEG 200
○ Any little inflammation becomes purple.	
● First remedy for an abscess with piercing pain, anywhere.	HEPAR SULPH 200
○ Suppuration with prickly pain and easy bleeding.	
○ Tendency to pus formation. Every little injury suppurates.	
○ Aborts pus formation.	
○ Supersensitive to touch, to cold, to pain.	
○ Acne in youth.	
○ Pus-filled boils.	
● Tendency to pus formation anywhere.	MERC SOL 200
○ Pain less than in Hepar Sulph cases.	
○ Thin, green, fetid, sometimes bloody pus. Abscess burns, stings.	
● Hastens pus formation and cuts its duration.	MYRISTICA 200
○ Very powerful. Goes beyond Hepar Sulph and Silicea.	
○ Does away with the need for surgery.	
● Chronic cases. Abscess. Boils. Old fistulous ulcers.	SILICEA 200
○ Pimples, pustules, moist eruptions.	
○ Deep-rooted abscess. Suppurating cavities.	
○ Deep-seated pus, in tendons, ligaments.	
○ Goes deeper than Hepar Sulph.	
● Most severe abscess. Pain and inflammation predominate. Tissues put on blue colour.	TARENTULA CUBENSIS 200
○ Burning, intense pain.	
○ Carbuncles with burning, stinging pain. Of purple hue.	

Acne Vulgaris

A very common skin condition in which a sebaceous gland which is meant to lubricate the skin gets blocked. The problem occurs generally in adolescence. The gland becomes infected and pus builds behind the blockage.

Acne occurs in the shape of small red pimples and black-heads on the face, neck, shoulders, chest and back.

In severe acne, the inflammation in the cysts which have formed becomes very painful.

Adolescents should know that acne cannot be prevented. It can however be controlled. Cleanliness of the skin and sunbathing, where possible, help the cure.

Acne pimples should not be squeezed or pinched.

Sometimes elimination of fats, chocolates and dry fruit from diet helps. So does a diet of fresh fruit and vegetables.

Do not worry about acne. Everyone has it.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● A disposition to pimples at adolescence. Pimples occur on the side of nose, chin and mouth. Red pimples.	ASTERIAS RUBENS 30
● Pimples are full of pus, with shooting pain. The skin is unhealthy.	HEPAR SULPH 200
○ Better in damp weather; from warmth.	
○ Worse from dry cold wind.	
● Tendency to pus-filled acne.	MERC SOL 200
● There are pimply eruptions and pustules on the face or anywhere on the skin.	SULPHUR 200
○ The treatment can begin with one dose of Sulphur 200. This dose can be repeated once every week, while the other selected medicine is used regularly.	

Baldness

Please see 'ALOPECIA' under 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN'.

Barber's Itch

This rash affects areas on the face of men where hair grows. In severe cases pus may form in the hair follicles. The inflamed areas are red and swollen.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Moist eczema around mouth and chin. Itching pimples.	GRAPHITES 200
● An excellent remedy for barber's itch and weeping eczema. There is pus in the hair follicles.	SULPHUR IOD 200
● Very effective for barber's itch. The skin is red and swollen with intense itching.	RHUS TOX 200

Bed Sores

Bed-ridden patients experience continuous pressure over the bones of the elbows and around the buttocks. They develop skin ulcers on this account. To begin with there is a mild redness over a bony protrusion. Later tenderness develops and then the skin cracks. An ulcer forms and unless it is treated it becomes infected.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● A prophylactic. It prevents bed sores. It cures as well.	ARNICA 200
● Apply locally on the bed sores. It gives tremendous relief.	CALENDULA mother tincture
● Chronic ulcers on account of bed sores. There is itching and burning.	PAEONIA 30
○ Ulcers below coccyx, around sacrum.	
● When bed sores turn gangrenous.	SULPHUR 200
○ In all other cases of bed sores Sulphur 200 should be given early morning once in 4 days.	
● Carbuncles, boils and other infected spots in bed sores. The skin is livid, red and has itching blotches.	SULPHURIC ACID 200

Blackheads

Plugs of fatty material formed in a pore of the skin. Hardened in course of time.

For medicines please refer 'ACNE' above.

Bleeding

Please refer under the chapter,'MISCELLANEOUS'.

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Blisters

When skin is injured by sunburn, heat or by friction, clear fluid, which is a part of blood, accumulates under the skin and a swelling is formed. This is called a blister. Do not burst it. This way you can avoid infection.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● When a blister is caused by an insect bite, Apis is the remedy.	APIS 200
● Crusty blisters which form in typhoid fever.	ACID PHOS 200
● An excellent medicine. To be taken internally. Eases pain within a short time.	CANTHARIS 200
○ Further, Cantharis mother tincture, diluted in cold water, one to ten, should be applied on the surface of the blisters repeatedly.	
○ Pain as well as swelling subside.	
● If pus starts forming in the blisters and there is shooting pain.	HEPAR SULPH 200
● Blisters which form during intermittent fevers like malaria, typhoid.	NATRUM MUR 200
Also please refer 'BURNS, SCALDS AND BLISTERS' below.	

Blue Skin/Cyanosis

This disorder can occur in anyone, particularly in children. In babies it can be an indication of a heart problem present at birth. Generally fingers or lips become blue.

Blue skin indicates imperfect oxygenation and an insufficient supply of oxygen to the blood.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In cases of palpitation of heart, difficult breathing and dizziness. There is dilatation of the heart.	ARSENIC ALB 200
● Cyanosis caused by imperfect oxygenation. There is blueness as well as coldness. The patient is always lifeless but his head is hot.	CARBO VEG 200
○ He wants fresh air and windows open.	
○ Cyanosis in persons who have been continually sick.	
○ An excellent medicine for a puffy, cyanotic face.	
Also please refer 'COLOUR' below.	

Boil

A raised, tender area of the skin under which pus has formed. Abscess around a hair follicle.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Carbuncles. Succession of boils. Terrible burning.	ANTHRACINUM 30
○ Acne.	
○ Malignant ulcers.	
● Carbuncles with stinging pain. Burning. Swelling.	APIS 200
● Malignant pustules.	ARSENIC ALB 200
○ Ulcers with offensive discharge.	
● Recurring boils on coccyx, shin bones, auditory canal.	CALC PICRATA 30
○ Chronic cases.	
● Carbuncles; ulceration in ano-genital region.	THUJA 200
Also please refer 'ABSCESS' above.	

Brown Spots

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● On abdomen, in chronic liver troubles with flatulence.	LYCOPODIUM 200
● Brown spots on nose and arms.	THUJA 200

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Bruise

An injury suffered in an accident causes discoloration below the skin. Blood leaks from the damaged blood vessels and leads to purple or blue discoloration. The area is swollen.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● The first and foremost medicine for bruises and for traumatic injuries. The skin turns black and blue. There is pain, swelling, with a sore, lame and bruised feeling. Externally apply ice pack. Do not massage.	ARNICA 200
● For local application to heal, to soothe.	CALENDULA Mother tincture.

Also please refer 'BRUISES, CUTS, INJURIES' under 'MISCELLANEOUS'.

Burning Sensation

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Terrible burning on any surface.	ARSENIC ALB 200
○ Acute burning sensation in brain, in inner head, in throat, in lungs, in breasts, in stomach, in vagina, in bladder or in skin.	
○ With prostration and restlessness.	
○ Aggravation at night.	
○ Better by hot bath, by hot food.	
○ Worse by cold application.	
○ Acute cases.	
● Sensation of burning on face, mouth, throat, oesophagus, stomach. Biting heat.	CANTHARIS 200
○ Erysipelas of face. Large blisters.	
○ With urinary irritation. Copious urine.	
○ Burning in soles at night.	
○ Patient moans.	
● Burning in intense degree in various parts; face, mouth, lungs, stomach, small intestines, anus, up the spine and the palm of the hand.	PHOSPHORUS 200
● Burning with itching.	SULPHUR 200
○ Filthy persons. Unclean habits. Dry, scaly, unhealthy skin.	
○ Burning anywhere — inside head, margins of eyes, in nose, on face, in mouth, on tongue, in sore throat, on nipples, in stomach, in passing urine, in vagina, in rectum, in piles, in hands, on palms of hands, in feet, on soles of feet.	
○ Every little injury suppurates.	
○ Worse washing, scratching and at night.	
○ Chronic cases, as against Arsenic Alb in acute cases.	

Burns/Blisters/Scalds

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Best first aid. Best cure.	CANTHARIS 200 internally. For external application use mother tincture mixed in water, ten drops in half a tea-cup, repeatedly. It gives immediate relief. Would leave no scars.
○ Burns by fire, by sunlight. Painful burns.	
○ Sunburns.	
○ Scalds by boiling liquids.	
○ Blisters anywhere.	
○ On soles due to walking.	
● Old burns, scalds, which do not get well.	CAUSTICUM 200

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Carbuncles

It is a cluster of boils, more serious than a single boil. A common site is the back of the neck.

For medicines please refer 'ABSCESS/SEPSIS' and 'BOIL' above.

Cellulitis

Inflammation of the skin and subcutaneous tissues due to infection. It spreads rapidly. Diabetics are more vulnerable than others. Blisters form on the inflamed skin. There is redness and inflammatory swelling.

Cellulitis may lead to boils and carbuncles.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Intense swelling due to insect bite or otherwise. ○ Chemical poisoning. ○ Stinging pain. ○ Skin red, shining and sensitive. ○ Sudden puffing up. ○ Carbuncles with stinging pain.	APIS 200
● Punctured wounds leading to cellulitis. Puffiness, coldness of the affected part. ○ Administer first in this type of injury. Aborts further complications. Prevents tetanus.	LEDUM 200
● Cellulitis of the neck, of the pelvis, about the glands. High swelling. Purple inflammation. Pitting upon pressure. ○ Inflammation hot and painful. ○ Restlessness in limbs.	RHUS TOX 200

Chilblains

On exposure to cold the skin may change its colour to reddish blue. There is swelling and ulceration in severe cases.

Chilblains usually affect toes, fingers, the back of the leg and sometimes the buttocks. There is pain, a sensation of heat, inflammatory swelling and itching.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Very painful chilblains. ○ Intense itching. Swelling. Red hue. ○ During winter. ○ Frostbites. ○ Swollen veins with cold skin. ○ Better moving about slowly. ○ Worse in open, cold air, after food.	AGARICUS 200
● Sensation of heat. Skin dark red. Most severe itching. ○ Itching relieved by hot water. ○ Apply tincture locally to obtain relief and to cure.	RHUS VEN 30 Mother tincture for local application.
● In severe cases. Skin ulcerates. Pus forms. ○ Erythema. Intense itching. Pulsating pain. ○ Muscles ache; are sore. ○ Erythema of fingers and toes caused by frostbite.	TEREBINTHINA 30

Chloasma

During pregnancy at times the hormones stimulate melinin, the dark pigment in the skin. Some hormones in the contraceptive pill also cause this. The skin becomes dark temporarily. The pigmented skin covers the cheek bones, the bridge of the nose and the area around the mouth.

A perfume can also cause Chloasma.

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The condition disappears usually after childbirth or when the particular perfume has been discontinued or with stoppage of contraceptive pills.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Purple colour of the skin.	SEPIA 200 Once a day.

Coldness

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Internal burning and external coldness. Vitality lacking.	CARBO VEG 200
● Sensation of icy coldness in individual parts, internal as well as external.	CALC CARB 200
○ Coldness of legs, of feet.	
Also please refer 'NUMBNESS' below.	

Cold Sores/Herpes Simplex

Primary Cold Sores

Mostly children upto 5 years suffer from primary cold sores. But adults in the medical profession might also face this problem because of infection of the skin around the nails. No pus forms in such cases.

Sexual intercourse can cause primary genital herpes in adults if one party is infected.

The symptoms include a feeling of feverishness, at times blisters, bleeding ulcers of the lips and the inside of the cheeks, of the gums, the tongue, of the vulva and vagina in girls.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Threatened suppuration.	HEPAR SULPH 200
○ Ulcers very sensitive to touch, burning, stinging, easily bleeding.	
○ Offensive exhalation from the body.	
○ Pricking sensation in affected parts.	
○ In males, herpes ulcers on the outer surface of the prepuce.	
○ In women, abscess of the labia.	
● Bleeding ulcers. Black pores on face.	NITRIC ACID 200
○ Genital herpes. Soreness and burning in glans penis and under the prepuce. Stinging pain. Pus.	
● Vesicles of bluish colour. Burning, stitching pains.	RANUNCULUS BULBOSUS 30
○ As eruptions dry, terrible itching. Sensitive to touch.	
○ Worse in cold air, in damp weather.	
● An excellent medicine for herpes simplex. Itching, burning, tingling pain. Fever.	RHUS TOX 200
○ Chronic suppurating eruptions of the face. Blisters. Swelling.	

Recurrent Cold Sores

It is an acute disease. It comes on suddenly. Blisters form on the lips and face. On the genitals the eruptions are very painful.

Medicines: As indicated for 'PRIMARY COLD SORES'.

Colour

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pale, waxen, emaciated face. Swelling.	ACETIC ACID 30
○ Profound anaemia.	
○ Eyes sunken. Dark rings around eyes.	
● Skin black and blue on account of injury.	ARNICA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Red, shining, painful and throbbing. ○ Inflammation.	BELLADONNA 200
● Red swelling. Erysipelas on face.	BORAX 30
● Minute red spots, full of blood, on the skin. Eruptions.	CALC CARB 30
● Blue, cold. Imperfect oxygenation. Face blue. Skin pale. Pulse intermittent. ○ Skin turns purple with sepsis, inflammation or congestion. ○ Collapse in cholera, in typhoid.	CARBO VEG 200
● Yellow. Jaundiced skin. Itching. In liver disorders. ○ Dry. Hot.	CHELIDONIUM 30
● Pink spots on back, chest and abdomen. ○ Urticaria. Sudden rash.	COLCHICUM 30
● Yellow. ○ Jaundice with heart problems. Very slow pulse. ○ Liver indurated, hard. Skin yellow as gold, even nails. Urine brown as beer. Stool colourless, however.	DIGITALIS 30
● Bluish, purplish appearance. Haemorrhage below skin where the blood coagulates. ○ Purple face. Purple mammae. Purple varicose veins. ○ Malignant boils. ○ Erysipelas. ○ Very sensitive to touch.	LACHESIS 200
● Intense erythema. Red vesicles. Large blisters as from scalds.	MANCINELLA 30
● Red, raised rash. ○ Urticaria after rich food.	PULSATILLA 30
● Red, swollen with intense itching. ○ Urticaria.	RHUS TOX 200
● Blue. Cold as death, cold sweat. ○ Pale sunken face. ○ Icy cold in collapse, in cholera. ○ Complete prostration.	VERATRUM ALB 200, 1000
● Red spots. Blisters. On the face, hands, knees of children. ○ Pus discharge. ○ Impetigo.	VIOLA TRICOLOR 30

Corns/Callosities

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Corns from pressure. ○ Callosities from pressure of shoes.	ANTIM CRUD 200
● Corns or bunions from pressing shoes. On soles. ○ Induration from pressure. ○ Itching, burning.	SULPHUR 200

Crab Lice

Crab lice are a nuisance because these infest the pubic hair and the hair around the anus. Usually these have to be physically picked out and killed.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Lice in pubic hair, near anus.	STAPHYSAGRIA 200

Cracks/Fissures

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fissures of palms.	CALC FLUOR 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hands fissured. Skin hard, thick and dry. Deep cracks. Itching. ○ Sleeplessness due to itch.	CISTUS CAN 30
● Cracks around mouth, in nipples, at the ends of fingers, between toes, on labia, on anus. ○ Burning, stitching pain in fissures. ○ Skin sore, numb.	GRAPHITES 200
● Chapped, unhealthy skin. ○ Deep cracks on hands and feet. ○ Ulcers with shooting, piercing pain. ○ Better in wet, warm weather.	HEPAR SULPH 200
● Rhagades of hands and feet in cold weather and from washing. ○ Dry, scaly, itching skin.	MALANDRINUM 200
● Cracks, ulceration and swelling on canthi, nose, lips, arms, or other meeting points of mucous surfaces and skin. ○ Splinter-like pain.	NITRIC ACID 200
● Cracks worse every winter. ○ Skin dry, contracted, very sensitive. Rough and leathery look.	PETROLEUM 200
● Skin cracked on hands and feet. ○ Rash on exposure to fresh spring air. ○ Rhagades.	SARSAPARILLA 30
● Ends of fingers cracked. ○ Better in dry, warm weather. ○ Worse in wet, warm weather.	SILICEA 200
● Cracked and burning nipples. ○ Burning vagina. Itching vulva. Burning, acrid leucorrhoea. ○ Late, scanty, painful menstruation.	SULPHUR 200

Cyanosis

Lack of oxygen in the blood leads to fingers or lips turning blue. This condition can occur in many diseases.

Please refer 'BLUE SKIN' above.

Cyst

A lump which is full of fluid or air and which can occur on any part of the body in different sizes. It can occur near the skin or deep in an organ. The infected cyst will be red and sore.

Usually benign; sometimes cancerous.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swelling with stinging pain and red colour. Burning. ● Cyst full of air or fluid.	APIS 200 IODUM 30

Dermatitis

Please refer 'ECZEMA/DERMATITIS' below.

Dropsy

Please refer 'SWELLING/DROPSY/OEDEMA' below.

Eczema/Dermatitis

An inflammation of the skin. There are five different types, viz., contact eczema, atopic eczema, seborrhoeic eczema, discoid eczema and varicose eczema.

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Eczema ordinarily runs through different stages. First there is redness; then swelling, itching, formation of blisters and at times weeping. The weeping blisters ultimately dry with formation of scabs and crusts.

Eczema is bothersome. There are no quick and easy cures. But most of the problem disappears with time and treatment.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Suppressed, chronic eczema. Skin dry, scaly, burning. ○ Malignant pustules. ○ Oozing holes with offensive discharge. ○ Remarkable results observed.	ARSENIC ALB 200
● Of eyelids.	BACILLIUM 200
● Of anus and of hands.	BERBERIS VULGARIS 30
● Of toes and fingers.	BORAX 30
● Secondary eczema about scrotum, genitals, following excessive perspiration. ○ Acute.	CANTHARIS 200 Apply mother tincture diluted in water, one to five parts, locally as well.
● Moist eczema on head, face, of the nose, mouth and chin. Beyond ears. On legs. On genitals. Around anus. Offensive oozing. ○ Of eyelids. Margins fissured. ○ On any part of the body. ○ Oozing of sticky, glutinuous fluid, honey-like.	GRAPHITES 200
● Facial. On forehead and cheeks. Stinging pain when touched.	LEDUM 200
● On bald patches on the scalp, on face, behind ears. ○ Eruptions on face: copper coloured.	LYCOPODIUM 200
● On the head. Eruptions ulcerate and form thick scabs from under which pus exudes.	MEZEREUM 30
● Of face. Chronic eruptions and suppuration. ○ Of genitals. Swelling in genitals. Scrotum becomes thick and hard.	RHUS TOX 200

Erysipelas

A serious bacterial infection of the skin spread by direct contact. It spreads rapidly to the deeper tissues.

Erysipelas begins as a red spot on the face or the scalp. The spot becomes bigger after a few days till a red area is formed with raised edges and of a diameter of several inches. This area is hot, painful and swollen. There is fever. The temperature goes up. The patient has chills. He has nausea. He vomits.

Without treatment this condition can cause complications which can be fatal.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Erysipelas of the throat. ○ Severe swelling. Oedema with rosy hue. Skin pits on pressure. ○ Stinging pain. ○ Afternoon chill, with thirst. ○ Better cold application. ○ Worse on motion and heat.	APIS 200
● Swelling with eruptions. Dry, rough, scaly skin. ○ Restlessness. ○ High temperature. Septic fever. ○ Worse cold, scratching. ○ Worse after midnight.	ARSENIC ALB 200
● Erysipelas of face, of head. ○ Glands of neck swollen. ○ Skin dry, swollen and hot. Burns red. Induration after inflammation. ○ High feverish state. Burning, pungent, steaming hot. Feet icy cold. No thirst. ○ Worse right side.	BELLADONNA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Erysipelas of face. Unhealthy skin. Inflammation with swelling.	BORAX 30
● Of face, beginning on nose.	CANTHARIS 200
○ Restlessness. Burning. Large blisters. Stinging pain. Sensitive to touch.	
○ Erysipelas with urinary complications.	
● Glands of neck swollen with splinter pain.	HEPAR SULPH 200
○ Suppuration threatened in erysipelas affecting skin.	
● Senile erysipelas. Of face.	LACHESIS 200
○ Skin bluish-purple. Swollen. Boils, ulcers with bluish-purple perimeter.	
○ Chilly in the back. Feet icy cold.	
○ Hot flushes and hot perspiration.	
● Erysipelas of the face.	RHUS TOX 200
○ Large burning blisters. Inflammation extends rapidly. The skin is purple, pits on pressure.	
○ Skin dark and rough, not red and smooth. It is moist, not dry. Intense burning and itching.	
○ Pain in muscles. Temporary relief on motion.	
● When abscess fails to yield even after the pus has dried.	SILICEA 200

Fissures

Please refer 'CRACKS/FISSURES' above.

Foreign Bodies

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Expulsion of foreign bodies known or unknown under the skin.	HEPAR SULPH 200
○ Creates inflammation and suppuration to remove little foreign bodies that cannot be easily located.	
● Expulsion of foreign bodies from tissues. In chronic, very old cases.	SILICEA 200

Frostbite

A prolonged exposure to severely cold conditions, particularly at high altitudes,can damage the extremities of the body. The parts affected are the ears, the nose, the fingers and the toes. The affected area would show paleness, blistering. It is numb, yet it is painful.

For medicines please refer 'CHILBLAINS' above.

Gangrene

Death of tissue followed by bacterial infection and putrefaction. It sets in the fingers, the toes, the limbs and other parts of the body after their blood supply has been cut off.

The affected area becomes cold and pale and after a few days turns black. Severe pain may be experienced at the edge of the affected part.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gangrenous inflammation.	ARSENIC ALB 200
○ Diabetic gangrene.	
○ Gangrene in internal organs. Ulcers burning like fire; blue-black base.	
● Senile gangrene beginning on toes.	CARBO VEG 200
○ Gangrene of the margins. Blue, cold skin. Imperfect oxygenation.	
○ Bed sores, bleeding easily.	
● Of lungs. In old age.	KREOSOTE 30
● Dry gangrene developing slowly.	SECALE 30
○ Old people with shrivelled skin.	
○ Numbness. Burning sensation.	
○ Varicose ulcers.	

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ERYSIPELAS

APIS	BELLADONNA	CANTHARIS	RHUS TOX
○ Throat affected in particular.	○ Erysipelas of face, of head. Glands of neck swollen.	○ Beginning on the nose. Face affected. Especially of face.	○ Erysipelas of the face.
○ More swelling than under the other medicines. Skin pits on pressure ○ Stinging more than burning.	○ Skin dry, swollen, hot. Burns red. Hardens after inflammation.	○ Burning more intense than in Apis. Less stinging. ○ Large blisters. Intense inflammation.	○ Intense itching as well as intense burning. ○ Swelling. ○ Skin dark and rough, not red and smooth. Moist, not dry. ○ Large burning blisters. Inflammation extends rapidly. Purple skin which pits on pressure.
○ Chill in the afternoon with thirst.	○ High feverish state. Burning pungent, stinging hot. Feet icy cold. No thirst.		
○ Patient cries from stinging pain.	○ May have visual hallucinations. Delirium. Violent.	○ The patient is uneasy, restless. He moans. He cries violently only sometimes.	○ Pain which tears apart. Pus may have been formed under the swollen skin.
○ Scanty but painful urination. ○ At times urinary irritation.		○ Profuse urination. ○ Urinary irritation always present.	
○ Better from cold application.	○ Worse from any motion, from shaking.		

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Glandular Inflammation

Please see 'INFLAMMATION/GLANDULAR INFLAMMATION/NODULES' below.

Herpes Simplex Please see 'COLD SORES'.

Impetigo

A skin infection common in young children. It is highly contagious. It affects the face, the hands or the knees. It is caused by different bacteria. Red spots appear on the skin and change into blisters. These break down. The resultant discharge causes a yellow crust to form. This leads to the formation of further red spots and so on.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dry, rough, scaly, papular eruptions. ○ Malignant pustules. ○ Worse cold, scratching.	ARSENIC ALB 200
● Eruptions ulcerate and form thick scabs. Pus exudes from thereunder. ○ Better in open air. ○ Worse in cold air, at night, on taking warm food, touch and motion.	MEZEREUM 30
● Red spots. Blisters. Pus discharge. ○ On the face, hands, knees of children.	VIOLA TRICOLOR 30

Inflammation/Glandular Inflammation/Nodules

An injury or infection invites reaction from the tissues of the body in the form of extra blood supply. This is in order to bring more white blood cells for the purpose of healing. The area becomes red, hot, swollen and tender.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Glandular inflammation. Painful swelling in various parts, leading to pus formation.	ANATHERUM 30
● Glands of armpits swollen, hard and knotted. Very painful.	ASTERIAS RUBENS 30
● Glands of neck enlarged.	BACILLINUM 200
● Glands swollen, tender, red. Localised inflammation. ○ Red, painful and throbbing. Intense heat. ○ In carbuncles, boils. ○ Acute. First stage.	BELLADONNA 200
● Glands near lower jaw and throat, stony and hard.	BROMUM 30
● Glands indurated, swollen, painful. In neck, armpits, mammae, groin. ○ Burning, lancinating, cutting pain.	CARBO ANI 30
● Inflammation of glands with induration. ○ Cracked skin. ○ Worse on exposure to cold air.	CISTUS CAN 30
● Rough nodules all over. Glands enlarged, indurated. ○ Worse on covering.	KALI HYDRO 30
● Splinter pain in swollen glands, of neck, armpit, of female breast, of groin. ○ Hard swelling; feeling of piercing sticks. Later red inflammation. Then suppuration and discharge. ○ Can be in bones, roots of nails, ends of fingers.	HEPAR SULPH 200

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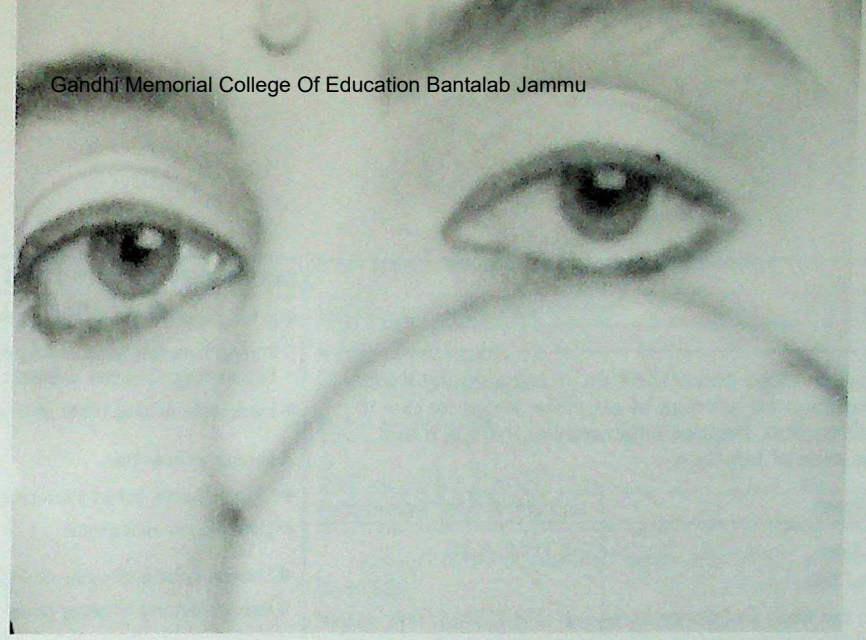

"Beauty is but skin-deep." Proverb

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Enlargement of glands while body shrivels. ○ Goitre. ○ Loss of flesh with great appetite. ○ Skin hot, dry, yellow and withered. Mammae dwindling, all other glands grow in size. ○ Nodosities, especially in skin of breasts. ○ Enlargement of thyroid, submaxillary glands, uvula, liver, spleen, mesenteric glands.	IODUM 30
● Inflammation with induration or hardness. Beneath the tongue, in tonsils, in glands of neck, near the ears, in armpits, mammae, in the liver, groin.	MERC SOL 200
● Chronic, prolonged suppuration in glands. No tendency to repair. ○ Stick-piercing pain.	NIT ACID 200
● Chronic inflammation with pus formation. ○ Deep-rooted abscess. ○ Glandular or bony abscess.	SILICEA 200

Further medicines are indicated under the respective body parts under 'INFLAMMATION'.

INFLAMMATION OF THE SKIN

BELLADONNA	APIS	RHUS TOX
○ The skin is scarlet red, grows gradually into bluish or purple and is hot.	○ The skin has rough rash.	○ The inflammation of the skin is purple, hot and burning, but it soon changes into a great blister full of serum.
○ The red skin of the Belladonna patient is so smooth that fingers might write a name on it.	○ Swollen skin pits on pressure.	○ The purple skin pits on pressure. Intense itching.
○ The patient wants to be warm; likes a warm room.	○ Wants to be cool, to be uncovered.	○ The patient is better in warm dry weather. Cold, fresh air makes skin painful.
○ Is very thirsty for water, but takes it little at a time, though often.	○ Has no thirst.	○ Characteristic restlessness. Internal uneasiness. Nervousness.

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Intertrigo

Skin surfaces which are in close contact,like those between the thighs and groin, develop inflammation on account of excessive moisture due to sweating, as well as due to friction. Besides inflammation there is a foul smell emanating from the area of infection.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● While walking thighs excoriate. ○ Copious perspiration in the folds. ○ Itching eruptions between the thigh and the groin.	AETHUSA 30
● Soreness in folds of skin, between thighs. ○ Intertrigo during dentition of children. ○ Better in damp hot weather and in bed. ○ Worse in clear fine weather, in dry cold winds.	CAUSTICUM 200
● Rawness on neck, behind ears, in groin next to thighs. ○ Worse in warmth; at night.	GRAPHITES 200

Itching/Pruritis

This can be a symptom of a number of disorders. Heat and anxiety aggravate itching. So both should be avoided. The sufferer should try not to scratch the area affected by pruritis. Scratching may give temporary relief but can cause worse problems like sores which may suppurate.

An application of calamine lotion can give temporary relief. At the anus, Calendula mother tincture gives relief on application.

Personal hygiene goes a long way in reducing itching.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Terrible, allergic, reactionary urticaria. With thirst, heat, fever. ○ On exposure to cold, dry air.	ACONITE ALB 30, 200
● Itching eruptions around joints. ○ Itching between folds of thighs, on walking. Excoriating. Copious sweating.	AETHUSA 30
● Intolerable itching when getting warm in bed.	ALUMINA 30
● Itching in frost-bite.	AGARICUS 30
● Tip of coccyx itches intolerably. ○ Urticaria on excitement.	BOVISTA 30
● Intense itching of vulva during pregnancy. ○ Intense itching of glans penis.	CALADIUM SEG 30
● Soreness in the folds of the skin, behind ears, between thighs.	CAUSTICUM 200
● Nettle rash. ○ Crusty eruptions on head. ○ Ring-worm of scalp. ○ Pruritis always worse in wet cold weather.	DULCAMARA 200
● Chronic urticaria. Recurring urticaria. Swelling and itching.	HEPAR SULPH 200
● Intolerable itching; of soles, in particular.	HYDROCOTYLE 30
● Suppressed itch. Small pustules over whole body which itch violently.	MAGNESIA SULPH 30, mother tincture for local application in erysipelas.
● Itching of feet.	MAGNOLIA 30
● Corrosive itching on forehead, of scalp and edge of hair. ○ Violent itching eruptions; bleeding, oozing. ○ Worse by heat.	OLEANDER 30
● Intense itching on exposure to cold air, on undressing; of lower extremities especially. ○ Worse in the evening, on uncovering.	RUMEX 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Itching eruptions. Voluptuous itching, leads to scratching. Burning follows. ○ Burning most prominent. ○ Excoriating moisture in folds like armpits, legpits. ○ Severe itching, terrible burning in orifices like eyelids, ears, lips, urethra, anus. Vermilion red surface. ○ In dirty, unhealthy, unclean persons with lazy habits. ○ Chronic cases. ○ Better dry, warm weather. ○ Aggravation from washing, at night.	SULPHUR 200

Leprosy

A chronic inflammation that affects the nerves, the skin and the bones adjacent to the skin. It is not so contagious as commonly believed. The inflammation of the nerves leads to acute loss of sensation, paralysis and deformity.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dropping off of fingers and toes. ○ Glands enlarged. ○ Numbness. Pricking. ○ Profuse falling off in scales from the skin. Surface beneath is raw and exudes moisture.	ARSENIC IOD 30
● To be used once a week along with the other indicated medicine.	BACILLINUM 200
● Dry eruptions. Scaling off of the skin. Epidermoid layer thickens.	HYDROCOTYLE 30

Lice

Small parasites that live on the skin and suck blood. There is severe itching. Scratching leads to skin infection. Lice are transferred by contact from person to person or by sharing clothes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Lice on the head.	CARBOLIC ACID 30
● Lice on the skin, anywhere.	LYCOPODIUM 200
● Lice in pubic hair.	STAPHYSAGRIA 200

Nodules

A small node or rounded eminence which is solid and can be detected by touch.

Please see 'SWELLING' below.

Numbness

A loss of sensation in a part of the body. It is caused by swelling or pressure on a nerve in that area.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Numbness and tingling. Shooting pain in the face, in extremities. ● Caused by fear, anguish, by sudden loss. ○ Unbearable pain.	ACONITE NAP 30
● Icy coldness of the body.	ARSENIC ALB 200
● Numbness and a crawling feeling.	CALC PHOS 30
● Cold, pale, blue, livid skin; yet cannot bear to be covered.	CAMPHOR 30
● Pain in glands under armpits, with numb feeling down arm.	CONIUM 200
● In lips, tongue, knees, legs, feet. With tingling.	NAT MUR 200
● Extreme sensitivity to cold. Wants warm clothing even in summer.	PSORINUM 200
● Cold as death; blue skin, cold sweat. In collapse. In cholera.	VERATRUM ALB 200

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Odour

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Constant offensive exudation from body.	HEPAR SULPH 200
● Offensive odour in pus, in perspiration, in saliva, urine, stool, in ulcers in the mouth, on gums, in ear discharge, in nasal discharge etcetera.	MERC SOL 200

Oedema

Please see 'SWELLING/DROPSY/OEDEMA' below.

Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sticking, tearing pain. Unbearable. Because of pus formation, induration in skin. In glands or in boils.	HEPAR SULPH 200
● Severe pain following an abdominal operation.	STAPHYSAGRIA 200

Perspiration/Sweating

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Copious sweating in debilitating problems.	CALCAREA CARB 30
○ Lower extremities are cold.	
○ Icy coldness of internal or external parts.	
● Non-stop sweating day and night without relief. Offensive, sour sweat.	HEPAR SULPH 200
○ Unhealthy skin sensitive to touch.	
● Tendency to perspire excessively. Skin constantly moist. Oily. Sweat without relief.	MERC SOL 200
○ Foul odour.	
○ Excessive salivation.	
● Hot perspiration over whole body except lower limbs.	OPIUM 200
● Sweating excoriation in folds like armpits, legpits.	SULPHUR 200
○ Severe burning.	

Pimple

Please refer 'ACNE' above.

Pins and Needles

A sensation caused by the pinching of a nerve. Usually there is numbness.

For medicines please refer 'NUMBNESS' above.

Prickly Heat

Skin rash develops in hot and humid weather. Blisters appear in skin folds.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In folds of skin, between thighs.	CAUSTICUM 200
○ In infants on the skin around neck, armpits, chest and groin.	
○ Skin sore.	
● Intense itching. Red, swollen skin. Burning, eczematous eruptions.	RHUS TOX 200
○ Better in warm, dry weather.	
○ Worse during wet rainy weather and after rain. Being drenched. At rest.	
● Prickly heat in the upper parts of the body. Small, red pimples itch violently.	SYZYGIUM JAMBOLANUM Mother tincture

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Psoriasis

A chronic skin eruption. Red patches develop slowly and are covered with silvery-white, hard and dry scales.

The lesions are permanent, rough and red. There is no itching.

The areas affected are the scalp, the eyebrows, the elbows, the fingernails, the back, the buttocks and the knees.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Psoriasis.	ARSENIC BROMATUM Mother tincture 4 drops in water daily internally. To continue as the main medicine for a long time.
● Psoriasis. ○ Erysipelatous inflammation with swelling and tension.	BORAX 30 To be used for a long period say for eight weeks, 4 times a day.
● Psoriasis.	SULPHUR 1000 One dose every 15 days, early morning for 6 months, besides other medicine.

Pus Formation

When the body fights a bacterial infection, a yellowish liquid forms. It consists of white blood cells, bacteria, dead or alive, serum, etc.

For medicines please refer 'ABSCESS' above.

Rash

A temporary eruption on the skin.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sudden violent rash. On exposure to dry cold air.	ACONITE NAP 30
● Thick, rough, rosy swelling on the skin anywhere.	APIS 200
● Spring-time rash from exposure to open air. Rash becomes crusty.	SARSAPARILLA 30

Ringworm

A skin infection caused by fungus. It is highly contagious. By and large it affects areas of the body which are moist and warm, such as the armpits, the area beneath the breast, the groin and the feet. But it can occur anywhere.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ringworm accompanied by swelling, itching and intense burning.	APIS 200, 1000
● One dose once a week. Should clear the infection by itself. Should be tried as the first remedy.	BACILLIUM 200
● Very effective. Should be tried next to Bacillium. ○ Worse every spring.	SEPIA 200
● Ringworm with dry, scaly and unhealthy skin.	SULPHUR 200
● Ringworm of the face and of other areas. ○ Body sweat offensive like garlic. ○ Barber's rash.	TELLURIUM 30

Rosacea

The skin on the face, particularly on the nose and the cheeks, becomes red. The redness can be permanent. Blisters full of pus form on the affected area. The patient should avoid alcohol, strong spices, exposure to cold wind and harsh sun.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acne rosacea with violet papules on nose.	ARSENIC BROMATUM Mother tincture. One dose of 5 drops in water daily internally.
○ Worse in the spring.	
● Acne rosacea. Copper-coloured eruptions.	CARBO ANIMALIS 30

Sensitive

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Supersensitive to touch, to cold,to pain.	HEPAR SULPH 200
○ Suppurated boil. Pain as of a piercing stick. Boil cannot be touched; it hurts to touch.	
● Skin sensitive to heat and cold. A human thermometer.	MERC SOL 200
○ Copious sweating, day and night. Foul odour.	
● Body, especially face, hot; yet cannot uncover without feeling chilly.	NUX VOMICA 200

Shrivelled

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Shrivelled, scaly skin.	ARSENIC ALB 200
○ Small, circumscribed, hard, elevated lesions. Rough, oedematous.	
○ Looks prematurely old.	
● Skin emaciated, shrivelled, lies in folds. Dry, flabby. Herpetic eruptions.	SARSAPARILLA 30
○ Rash on exposure to fresh air.	

Sunburn

Mild or severe sunburn on account of exposure of the skin to the sun.

For medicines please see 'BURNS, BLISTERS AND SCALDS' above.

Sweating

A harmless condition. Unusual sweating on any part of the skin, particularly palms, armpits or soles. Causes unnecessary worry.

For medicines please refer 'PERSPIRATION/SWEATING' above.

Swelling/Dropsy/Oedema

An abnormal accumulation of fluid in the tissues of the body. Medically it is known as 'Oedema'.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pale, waxen, oedematus skin.	ACETIC ACID 30
● Terrible, allergic, reactionary urticaria with thirst, fear of death, heat.	ACONITE NAP 30 Repeat frequently.
○ On exposure to dry cold air.	
● Swelling as from frost-bite. Burning, redness, itching.	AGARICUS 30
○ Chilblains.	
● Swelling in urticaria. Intense itching; eczematous.	ANACARDIUM 200
● Swelling anywhere; puffing up of skin with stinging pain.	APIS 200 Most important medicine.
○ Oedema with red,rosy hue.	
○ Insect bites.	
○ Urticaria.	
○ Erysipelas.	
○ Skin pits on pressure.	
○ Better by cold application.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swelling with eruptions which are small, circumscribed.	ARSENIC ALB 200
○ Solid, elevated lesions.	
○ Dry, rough, scaly skin.	
○ Restlessness.	
● Chronic urticaria on excitement. After Rhus Tox.	BOVISTA 30
● Swellings of stony hardness.	CALC FLUOR 30
● Varicose ulcers.	CARBO VEG 200
● Chronic and recurring urticaria.	HEPAR SULPH 200
● Erysipelas of the vesicular variety. Large, burning blisters. Inflammation extends rapidly.Skin purple, pits on pressure.	RHUS TOX 200
○ Urticaria of face.	
○ Restlessness. Intense itching. Redness.	
● Unbroken chilblains. Swelling with recurring itching. Painful.	TEREBINTHINA 30
○ Erythema of the ears, fingers and toes, caused by mild frost-bite.	

Under different parts of the body, medicines are separately indicated for swelling or dropsy or oedema of that part of the body. Reference may please be made as necessary.

Tumour

A swollen part, a non-inflammatory growth, circumscribed, serving no physiological function. It arises from existing tissue but grows independently of such tissue.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hard knots in female breast.	CALCAREA FLUOR 30
○ Hard excrescences on the skull.	
○ Hard swelling on the cheek, with pain or toothache.	
○ Indurations of stony hardness.	
○ Ganglia or encysted tumours at the back of the wrist.	
● Tumours with piercing pain; worse at night.	CONIUM 200
○ Glands enlarged and hardened; stitching pain through the glands.	
○ Night and morning sweat, with offensive odour and smarting in skin.	
● Spongy tumours.	THUJA 200
○ Bleeding fungus growth.	
○ Glandular enlargement with tearing pain.	
○ Tumours.	
○ General tendency to profuse perspiration and unhealthy skin.	
○ Tumour of breast; nipple retracted.	
● Tumours of great hardness, associated with a very dry skin.	PLUMB IODAT 30
○ Lancinating pain.	

Ulcer

A break in the skin or in the mucous lining of the alimentary tract on account of inflammation.There is severe biting pain and at times massive haemorrhage.

Ulcers in the mouth are very painful.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With offensive discharge.	ARSENIC ALB 200
○ Ulcers burning like hell-fire, oozing.	
○ Blue-black base.	
○ On heels.	
○ Diabetic gangrene in extremities.	
● In the mouth; on the tongue.	BORAX 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With hard elevated edges. Surrounding skin purple and swollen.	CALC FLUOR 30
● Indolent ulcers accompanying varicose veins.	CALC IOD 30
○ Copper-coloured, papular eruptions.	
● Very sensitive to contact; burning, stinging.Easily bleeding.	HEPAR SULPH 200
● With regular edges as if made with a punch.	KALI BI 200
● In the mouth, on tongue, on gums, inside of cheeks, on tonsils, fetid, painful, full of pus.	MERC SOL 200
● Severe, chronic, very painful, in the mouth. Full of pus.	NIT ACID 200
● Ulcers below coccyx caused by pressure. Bed sores.	PAEONIA 30
● Ulcers, carbuncles near genitals, near anus.	THUJA 200

For intestinal ulcers please refer under 'THE DIGESTIVE SYSTEM'. Further entries on 'ULCERS' are available under different chapters.

Urticaria

A bothersome skin problem. Tissues underlying the skin are swollen with intense irritation and formation of patches of pale skin surrounded by red.

Urticaria is also known as nettle rash or hives.

For medicines please refer 'ITCHING' above.

Varicose Veins

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Burning like fire at night.	ARSENIC ALB 200
○ Chronic.	
● Of legs. In women who have had several child-births.	FLUORIC ACID 30
○ Varicose ulcers as well.	
● With inflammation during pregnancy.	LACHESIS 200
● Break easily when congested. Easy bleeding. During pregnancy, painful. Capillaries enlarged and spongy.	MILLEFOLIUM 30
● With stinging pain. Ulcers surrounded by varicose veins bleed black blood which coagulates easily.	PULSATILLA 30 First rate remedy.
○ Prophylactic.	
● Ulcerate, rupture and bleed. In extremities.	SULPHUR 200

Vitiligo/Leucoderma

A common problem affecting about one percent of human beings. On account of loss of pigment white patches form on the skin. It is neither infectious, nor contagious. There is neither pain nor loss of sensation.

Old cases are extremely difficult to cure.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
	ARSENIC SULPH FLAVUM 3, 30, 200 3; four doses every day for first 2 months. 30; four doses every day for next 2 months. 200; one dose per week. Last of all, for a long time. HYDROCOTYLE 30 If ARS SULPH FL. fails, give Hydrocotyle, 4 doses a day for a long time. TUBERCULINUM 200 One dose to start the treatment with. Later one dose every month.

Exposure of affected parts to sunlight for 10 to 15 minutes, once a day, half an hour after the administration of medicine, accelerates recovery, if any.

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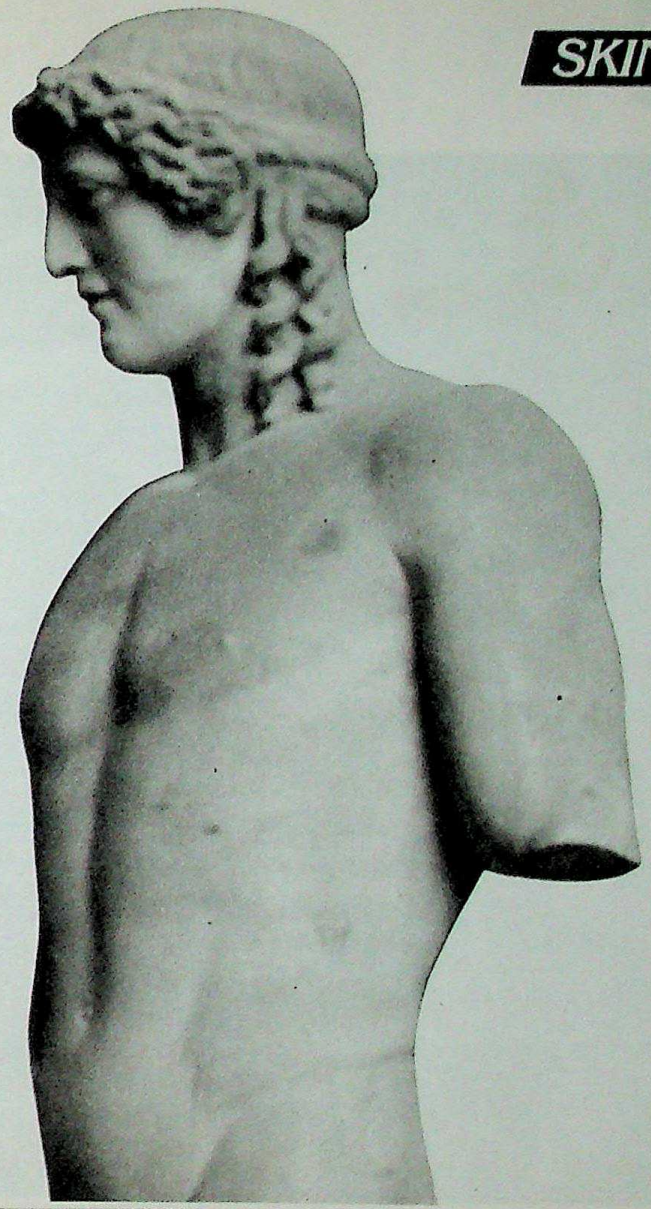
Warts Small growth on the skin or on mucous membranes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Warts on hands. Hard, horny, very painful excrescences under nails and from ends of finger.	ANTIM CRUD 200
• Old warts on eyelids, eyebrows, nose. On face. Large, jagged, easily bleeding. On tips of fingers.	CAUSTICUM 200
○ Chronic cases.	
• Large, flesh-smooth warts coming in damp cold weather.	DULCAMARA 200
○ Warts on back of hands.	
• Large jagged. Bleeding readily on washing. Moist. Oozing. Splinter pain.	NITRIC ACID 200
• Fig warts; intolerable itching and burning.	SABINA 30 Apply mother tincture locally.
• On margins of prepuce.	SEPIA 200
• Warty growths on skin. Moist eruptions, pimples, pustules, suppurating cavities.	SILICEA 200
• Warty excrescences. Fig warts.	THUJA 200, 1000, 10000, 100000
○ Condylomata, mostly on genitals. Cauliflower warts on vagina, cervix, anus. Warts on vulva, on pelvic floor.	

I'll not shed her blood:
Nor scar that whiter skin of hers than snow,
And smooth as monumental alabaster.

Shakespeare
'Othello'



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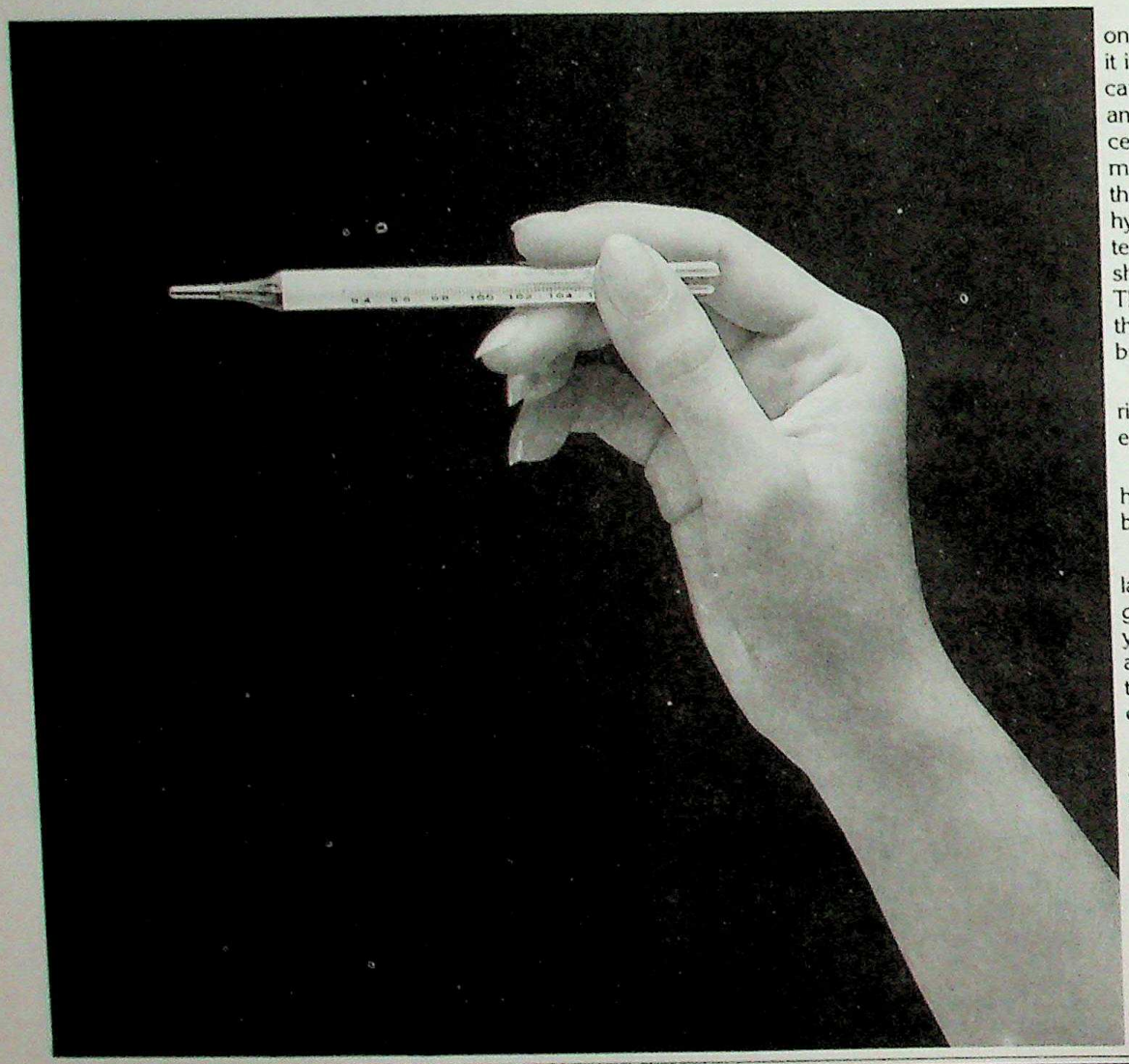
FEVERS



Fevers are a nuisance, but an unavoidable one. By and large, when the temperature goes up it indicates that the body is resisting factors which cause disease. When there is infection due to an invasion by the disease carriers, the white blood cells surround these outsiders and send a message to the brain which in turn activates the thermostat of the body situated in the hypothalamus. An order is issued to raise the body temperature and the human being begins to shiver. Shivering being movement produces heat. The blood vessels near the skin become narrow so that the heat loss is less. Fat stored under the skin breaks down and provides further heat.

It is believed that when the body temperature rises, the defending mechanism can operate more effectively.

As the body shivers the patient is covered with heavy clothing. This further raises the temperature because heat loss is restricted.

The above is true of mild fevers which do not last beyond a few days. When the temperature goes above 40°C or 104°F or if a child under one year has a high temperature, immediate medical advice should be obtained. Fevers lasting beyond three days in adults also require medical consultation, if not already obtained.

In all fevers which are not mild, the accompanying symptoms should be carefully studied so that serious problems, if any, can be taken care of.

In any fever, the patient must take rest. He should keep snug and warm, take a light diet but drink plenty of fluids.

Medicines like aspirin should not be used casually and frequently. In many ways aspirin is a dangerous medicine. In adults it irritates the stomach and the intestines. It does reduce fever and body pain but no more.

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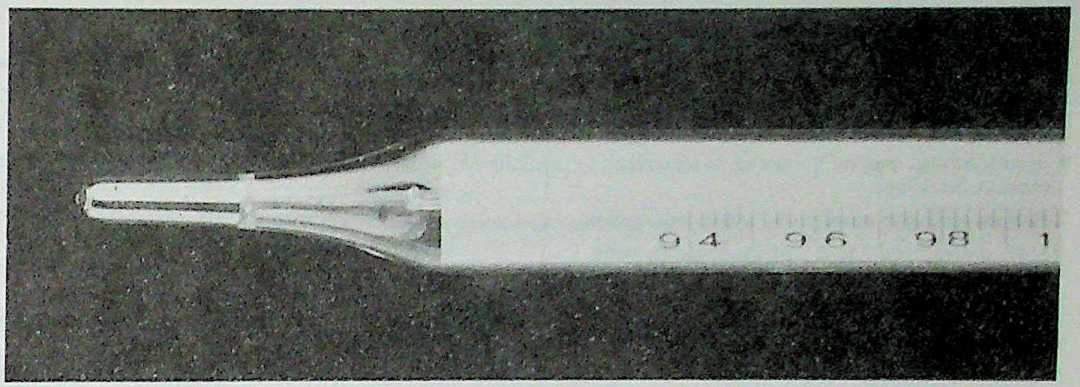

FEVERS

Body Pain 306
Burning 306
Chicken Pox 306
Children 306
Chill 307
Collapse 307
Diarrhoea 308
Exposure 308
Fever 308
Haemorrhage 308
Influenza 308
Intermittent/Periodic 309
Malaria 309
Measles 309
Night Sweats/Sweats 310
Nausea 310
Pneumonia 310
Scarlet Fever 311
Typhoid 311

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Body Pain

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe aching, deep in the bones in influenza, malaria, bronchitis.	EUPATORIUM PERF 200
○ Bruised feeling in back, arms, wrists, legs, calves.	
○ Chill comes from 7 to 9 a.m. Preceded by bone pain and vomit of bile.	
○ Needs piles of covering.	
● Body pain in influenza. Muscular soreness.	GELSEMIUM 200
○ Congestion and pain in the occiput.	
○ Chill along spine from sacrum to occiput. Sensation of ice being rubbed up the back.	
○ Muscular weakness.	
○ Nose blocked. Sometimes flowing.	
○ Pain in the eyes. Itching, irritation.	
● Aching all over the body in influenza.	RHUS TOX 200
○ Tormenting, dry cough before and during chill.	
○ Muscular pain more prominent.	
○ Temporary relief on motion.	

Burning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Acute burning sensation; burning in the brain, in stomach, in bladder; particularly in lungs.	ARS ALB 200
○ Nightly aggravation.	
○ In malaria, typhoid; last stages of pneumonia.	
● High feverish state. Burning, pungent, steaming heat.	BELLADONNA 200
○ No thirst with fever.	
● Frequent, violent flushes of heat throughout the entire body.	SULPHUR 200

Chicken-Pox

Primarily a disease of childhood which produces small blisters on the top of which crust forms quickly. The child may have fever and small spots of rash. The rash is highly irritating and spreads to the arms, the legs, the face and the head. Chicken-pox appears in clusters. There is severe itching. The condition is contagious.

An application of calamine lotion to the rash three times a day gives comfort to the patient. Give plenty of liquids. The rash should be kept dry and clean. Do not worry.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● A day after Variloneum.	ANTIM TART 200
○ Every four hours until the temperature returns to normal.	
● In case there is fever with dry cough.	BRYONIA 200
○ Movement of any kind, even coughing, talking, hurts the patient.	
● The treatment should start with Variloneum. One dose only. It cuts short the duration of chicken-pox.	VARILONEUM 200

Children

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sudden congestion of the brain with high fever.	ACONITE NAP 30
○ On exposure to dry cold wind.	
○ Croup of the frightened child.	
● Sudden, intense heat; fever.	BELLADONNA 200
○ Child's skin hot; face red; jumps in sleep as if going into a spasm. Experiences convulsions.	
○ Cerebral congestion.	
○ On exposure.	

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Chill

A sensation of cold accompanied by a convulsive shaking of the body.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chill at 2.00 a.m. Begins internally in the stomach region.	CALC CARB 30, 200
● Icy coldness of the whole body. Tongue cold, trembling.	CAMPHOR 200
○ Pulse small, weak.	
○ Congestive chill.	
● Periodic chill. Clear-cut stages.	CHINA 200
○ Malarial.	
○ In typhoid.	
○ Worse slightest touch.	
● Chill along spine in influenza. Fever with shivering.	GELSEMIUM 200
○ Body pain.	
● Creeping chilliness.	MERC SOL 200
○ Profuse perspiration without relief.	
○ Foul smell. Skin ever-moist.	
○ Gastric fever.	
● Periodic chill. Comes at 10.30 a.m.	NAT MUR 200
○ Begins in extremities which become blue.	
○ Throbbing headache.	
○ Great thirst for cold water. Mucous membranes dry. No thirst during fever.	
○ Teeth chatter.	
○ Bones ache.	
○ Rolls from side to side.	
○ High fever. Scorching fingers.	
○ Malarial or any other fever.	
○ Sweat relieves fever and ache.	
● Fevers inflammatory; periodic; due to sore throat or gastric problems or rheumatic inflammation.	NUX VOMICA 200
○ Spasms with rigor and blueness of finger-nails come in the morning.	
○ Chilliness on being uncovered. Yet he does not allow being covered.	
○ Must be covered in every stage of fever.	
● Chilliness even in a warm room with thirstlessness.	PULSATILLA 30
● Chill with extreme coldness and sweat.	VERATRUM ALB 200
○ Collapse.	
○ Nausea; loose stool of rice-water colour.	
○ Retching uncontrollable.	

Collapse

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In the last stages of collapse; in cholera; in yellow fever.	CARBO VEG 200
○ Coldness, cold sweat.	
○ Great prostration and difficulty in breathing. Imperfect oxygenation of blood.	
● Collapse in cholera.	VERATRUM ALB 200
○ Chill with extreme coldness and cold sweats.	
○ Severe retching and rice-water colour, copious stool.	

Also please see 'COLLAPSE' in the chapter 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN'.

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Diarrhoea

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cholera with intense agony. ○ In typhoid. ○ Prostration, burning, restlessness, burning thirst. ○ Body cold as ice.	ARS ALB 200
● Cholera of infants. ○ Diarrhoea chronic, in the morning; during teething. ○ Green, watery, fetid, profuse, gushing. ○ Prolapse of rectum.	PODOPHYLLUM 200
● Severe gastroenteritis. ○ Uncontrollable retching. Copious, rice-water colour stool. ○ Cold sweat. Collapse.	VERATRUM ALB 1000

Exposure

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Inflammatory fever due to exposure to dry cold weather. ○ Cold waves pass through the body. ○ Restlessness. ○ Agony. ○ Fever with mental anguish. Baseless fear of death. ○ Heat with thirst. Skin bright-red. ○ Fever acute, sudden, short and high. ○ Worse warm room, warm covering.	ACONITE NAP 30, 200
● High feverish state. Burning, pungent, steaming heat. ○ Hot, red skin, flushed face, glaring eyes, throbbing carotids, excited mental state. ○ Delirium. ○ Feet icy-cold. ○ No thirst with fever. ○ Restless sleep.	BELLADONNA 200
● Wet air, exposure to.	DULCAMARA 200

Fever

Raised temperature of the body above normal, 98.4° F or 37° C. The treatment has to be decided upon by a study of the accompanying symptoms like periodicity, chill, shivering, headache, body pain, digestive problems etc.

Medicines are indicated under the respective symptoms.

Haemorrhage

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Haemorrhage from bowels in typhoid.	ALUMEN 30

Influenza

A viral infection involving primarily the respiratory tract. Very bothersome.

The symptoms include general weakness, body pain, sometimes deep pain in the bones, sneezing, coryza, nasal inflamrnation with thick mucus, a sensation of coldness going up the spine with high temperature and headache. At times, there is cough. The throat is affected.

Influenza can lead to pneumonia if not taken care of in time.

The patient must take complete bed-rest and drink lots of fluids.

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For medicines, please refer 'BODY PAIN' above and the chapter 'THE NOSE' under respective symptoms. The primary medicines are ACONITE, BRYONIA, GELSEMIUM, EUPATORIUM PERF, RHUS TOX and ARSENIC ALB.

Aconite 30 is useful in the beginning only.

Bryonia 200 is required when bronchitis symptoms predominate.

Gelsemium 200, Eupatorium Perf 200 or Rhus Tox 200 are indicated when body pain is the most important symptom.

Ars Alb 200 is prescribed when coryza is predominant in influenza.

Influenzim 200 should be given once a day during the treatment of influenza. It cuts the duration of the illness. This is besides the medicines chosen otherwise according to predominant symptoms.

Intermittent/ Periodic

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High fever. Periodicity marked, with lack or loss of normal vital powers.	ARSENIC ALB 200
○ Restlessness, physical and mental.	
○ Malarial fevers.	
○ In typhoid, at a later stage, after Rhus Tox.	
○ Total prostration.	
○ Periodic headaches.	
○ Lips dry. Unquenchable thirst. Sips little at a time.	
○ Temperature is high.	
○ Always freezing.	
○ Burning relieved by hot application, by hot drinks.	
○ Cold food disagrees.	
● Intermittent. Paroxysmal. All stages well defined.	CHINA 200
○ Malarial.	
○ Typhoid.	
○ Chill generally in the forenoon.	
○ Worse slightest touch.	
● Intermittent, unyielding fever.	NAT MUR 200
○ Chronic malarial state with weakness, constipation and loss of appetite.	
○ Chill comes at 10.30 a.m. Extremities first affected; turn blue.	
Also see 'CHILL' above.	

Malaria

An intermittent fever with headache, body pain and attacks of shivering.

For medicines, please see under 'INTERMITTENT/ PERIODIC' and other related symptoms like 'CHILL' and 'PAIN' in this chapter.

The most effective medicines are NATRUM MUR, ARSENIC ALB, CHINA and EUPATORIUM PERF.

Measles

A serious viral infection, highly contagious, occuring mostly in childhood. It is a common disease and most of the sufferers recover completely. The patient develops high fever, running nose and cough. About four days later a rash is visible. The rash itself is pink; yellow raised spots appearing in blotches over the whole body from behind the ears. The eyes are red and painful. Temperature rises a day or so before the rash.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Debility.	ARSENIC ALB 200
○ Restlessness.	
○ Thirst for sips of water at short intervals.	
○ Temperature.	
○ Midnight aggravation.	
● Lung problems can be avoided in measles with Bryonia. Even otherwise, it helps cut short the duration of the sickness.	BRYONIA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● For inflammation of eyes, nose and mucous membranes. Sneezing. Blood discharge from nose.	EUPHRASIA 200
○ Alleviates the distress of fever. Relieves cough.	
● For cough, for fever developing after measles.	SILICEA 200

Night Sweats/Sweats

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High, sudden fever with drenching night sweats.	ACETIC ACID 30
○ Coldness. Sweat is cold.	
○ No thirst.	
● Drenching night sweats with fever.	ARSENIC IOD 30
● Fever with night sweat on head, particularly in children.	CALC CARB 30
○ Chill begins in stomach area, around 2.00 p.m.	
● Free perspiration. Debilitating night sweats.	CHINA 200
○ Fevers with marked periodicity.	
○ Malarial.	
○ Typhoid.	
○ Chill generally in the forenoon, commencing in the breast.	
○ Worse slightest touch.	
● Gastric or bilious fever.	MERC SOL 200
○ Profuse perspiration without relief. Creeping chilliness.	
● Hot perspiration.	OPIUM 200
○ Stupor.	
○ Snoring respiration.	
○ Pulse dull and slow.	
○ Twitching of limbs.	
○ Intense thirst.	

Nausea

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Slight chill with much heat.	IPECAC 200
○ Nausea, vomiting and breathlessness.	

Pneumonia

Please refer the chapter, 'THE RESPIRATORY SYSTEM'.

Scarlet Fever

It is a contagious disease and has a characteristic rash of tiny spots with a feel of sandpaper. The onset of the fever is sudden and is accompanied by headache, sore throat, body pain and fatigue. There may be fever with vomiting. The tongue has red patches with white coating.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In case other symptoms are accompanied by swelling and kidney problems.	APIS 200
○ Swelling of throat with sharp, stinging pain.	
○ No thirst.	
○ Worse from heat.	
● Smooth, shiny, red eruptions.	BELLADONNA 200
○ Throat hot, dry, red.	
○ Stomach irritated. Nausea and retching.	
○ Temperature high.	
○ The primary remedy.	
○ Prophylactic as well.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With body pain, better temporarily on movement.	RHUS TOX 200
○ Drowsiness.	
○ Muttering delirium.	
○ Vesicular eruptions.	
● One dose per day as a preventive.	SCARLATINUM 200

Temperature

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● High. On exposure to dry, cold wind.	ACONITE NAP 30
○ Inflammatory fever.	
● Persistent sub-normal temperature.	CACTUS 200

Typhoid

An infectious disease of the intestines. The bacteria are carried in the human stool. The symptoms come slowly and settle down for a few weeks. There can be a relapse. There is periodicity in the fever. Constipation and diarrhoea alternate. There is pain in the abdomen. Headache and mental confusion.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Restlessness.	ARSENIC ALB 200
○ Thirst for small quantities of water at short intervals.	
○ Nausea. Retching. Cannot bear the sight or smell of food.	
○ Overall debility.	
○ Stomach raw, irritable. Abdomen painful.	
○ High temperature. Periodicity well defined. Complete exhaustion. Delirium worse after midnight.	
○ Later stages of typhoid. Give Rhus Tox first. Then Arsenic Alb.	
○ Nightly aggravation.	
● Typhoid with diarrhoea. Sour-smelling stool.	BAPTISIA 30
○ Stupor. Prostration; indifference.	
○ Typhoid setting in fast.	
○ Give it in early stages.	
● Unconsciousness in typhoid. Pulse feeble.	CUPRUM MET 200
○ Great prostration.	
○ Nervous excitability.	
○ Urine scanty.	
● Typhoid complicated with pneumonia.	PHOSPHORUS 200
● Tongue dry and brown in typhoid.	RHUS TOX 200
○ Bowels loose.	
○ Great restlessness.	
○ Periodicity marked.	
○ Dry cough and restlessness.	
○ Headaches. Sensorium cloudy.	
● If fever does not abate, give one dose of Sulphur 200 in lukewarm water, early morning on empty stomach. No other medicine that day.	SULPHUR 200

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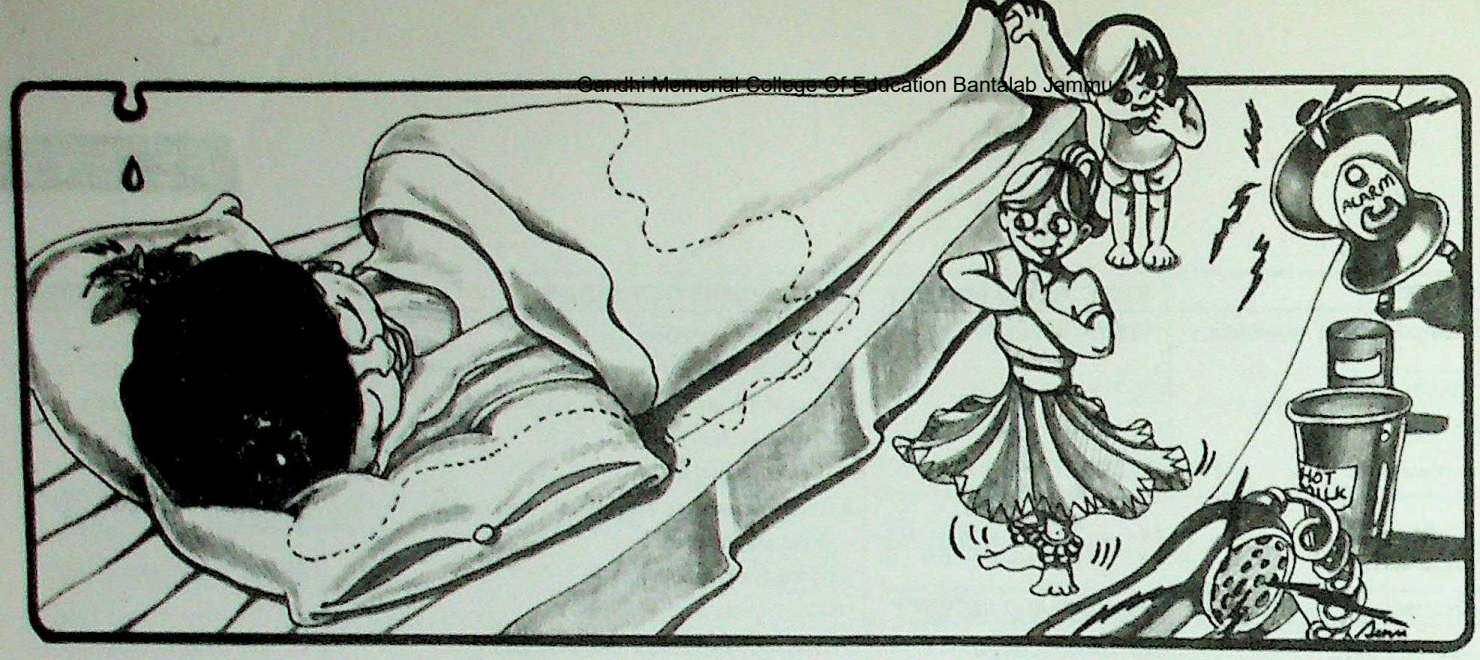

SLEEP

None of us can do without our sleep. An infant sleeps 14 to 18 hours a day. This period is gradually reduced. An adult may be happy with 7 to 8 hours of sleep every night. There are people who require 10 hours of sleep while others require 5 hours or even 4 hours of sleep in 24 hours.

Sleep has a definite purpose and that is why all mammals sleep. Lack of sleep apparently does not cause any physical harm. But anyone who gets less than his normal quota of sleep experiences a diminution of efficiency and concentration.

In old age, sleep normally becomes fitful.

It is good to regulate your sleeping hours. Go to bed at a fixed time. The human body maintains a 24-hour cycle. During this cycle, the body temperature rises and falls at fixed times. In the middle of the night, the body temperature comes down. In the afternoon, it reaches its maximum. It is comfortable to be sleeping when the body temperature is at its lowest. If someone is compelled by circumstances to be awake at this time, he would not feel physically and mentally at his best. On the contrary, the human body and mind are most fit when the temperature is at the highest level.

Those who travel by air for long distances require time for adjustment of the body rhythm, for the reasons given in the preceding paragraph.

In the early part of the night, we sleep without dreaming. In the later part of the night, dreams come and there is a rapid eye movement in sleep. Sleeping pills taken over a long period, disturb the second phase of the normal sleep, the rapid eye movement phase, and thus cause harm to the person consuming them. Moreover, the effect of the drugs may last beyond the normal time for waking up and thus cause a reduction in efficiency and concentration. Sleeping pills mixed with alcohol can even be fatal.

Homoeopathy offers harmless medicines for lack of sleep or insomnia. It may be a good idea, however, not to overload the stomach with food before going to sleep. A heavy meal disturbs sleep. Those who suffer from insomnia should learn relaxation techniques, read and get absorbed in a book or listen to soft music. A bath before going to bed is of positive help and so is exercise in the afternoon. In order to get good sleep taking a cup of hot milk before going to bed is a useful habit.

Late nights affect health most adversely because, after 10:30 p.m., the body positively requires rest and sleep while a late dinner, social function or a musical evening running into morning hours disturb the sleep pattern which is most suitable to the human body.

Do not take sleeping pills. These do not remove the cause of insomnia. Stimulant brews like coffee or tea should be avoided in the late evening. Coffee after dinner has an adverse effect on sleep. Smoking of cigarettes also stimulates and thus keeps sleep away.

The sleeping environment should be as comfortable as possible, neither too hot nor too cold. Beds which are too soft are not conducive to sound sleep. The bed should be firm, hard and of a proper size. A double bed should have enough space for two to turn comfortably without coming in each other's way.

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SLEEP

Coma 314
Deep Sleep 314
Eyes Half Open 314
Insomnia 314
Moaning 314
Nightmares 315
Nightwalk 315
Sensitive 315
Twitching 315
Yawning 315

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"Sleep that knits up the ravell'd sleeve of care,
The death of each day's life, sore labor's bath,
Balm of hurt minds, great nature's second course,
Chief nourisher in life's feast."

Shakespeare
In Macbeth

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Coma

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Profound coma.	OPIUM 200

Deep Sleep

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Deep slumber. Great drowsiness.	ANTIM TART 200
● Unconquerable sleep.	NUX MOSCHATA 30

Eyes Half Open

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sleeps with eyes half open.	IPECAC 200

Insomnia

Inability to go to sleep or to get sleep for a period sufficient for the needs of an individual. Chronic inability to sleep.

The most common cause of insomnia is worry; the other is depression. Environmental disturbances also cause lack of sleep.

Sleeping pills should be avoided as far as possible.

Practice some technique to relax. Yoga can help and so can meditation or listening to music.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Of the aged.	ACONITE NAP 30
● Cannot sleep from worry. Must get up.	AMBRA GRISEA 30
● With restlessness when overtired.	ARNICA 200
● On account of mental or physical restlessness.	ARSENIC ALB 200
● Insomnia with cold limbs.	CAMPHOR 30
● Obstinate and intractable insomnia. Sleepy but cannot sleep.	CANNABIS INDICA 30
● Sleep lost on account of unbearable pain at night, in bed. ○ Rheumatic or abdominal pain. ○ Uneasiness and anxiety.	CHAMOMILLA 200
● Insomnia in women after copious menstruation. Sleeplessness night after night.	CHINA 200
● Sleeplessness on account of mental activity. Flow of ideas. ○ The best medicine. ○ Unable to sleep due to joy, sorrow, sudden surprise, emotional excitement, fancies and plans for the future, hysteria. (Makes sleeping pills unnecessary.)	COFFEA 200
● Cannot sleep after 3.00 a.m. until towards morning. All problems converge on the mind. Goes to sleep at 5.00 a.m. and wakes up feeling wretched.	NUX VOMICA 200 One dose needed at 3.00 a.m. or about when sleep is disturbed. Clears the problem in a few days.
● Sexual insomnia of women. Excessive desire. ○ Copious and long menstruation.	RAPHANUS 30

Moaning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Moaning during sleep. ○ Sleepy but cannot sleep.	BELLADONNA 200

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Nightmares

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Anxious dreams. Ravings.	ACONITE NAP 30
• Some disagreeable ideas always arouse from night slumbers.	CALC CARB 30
○ Night terrors.	
• Intense sleeplessness.	HYOSCYAMUS 200
○ Nervous system disturbed. Starts up frightened.	
○ Insomnia in delirium.	
• Wakes up in fright. Feels as if suffocated.	SPONGIA 30

Nightwalk

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Somnambulism. Horrible dreams.	KALI BROMATUM 30
• Somnambulism. Orgasm of blood in head with heat.	SILICEA 200

Sensitive

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Catnap. Slightest noise awakens.	SULPHUR 200

Twitching

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Startles, twitches and awakes often.	AGARICUS 200

Yawning

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Paroxysms of yawning.	AGARICUS 200
• Yawning when walking in open air. Sleepy during day.	EUPHRASIA 200

"To all, to each, a fair good night,
And pleasing dreams, and slumbers light".

Scott - Marmion

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PROBLEMS OF INFANTS, YOUNG CHILDREN & THEIR REMEDIES

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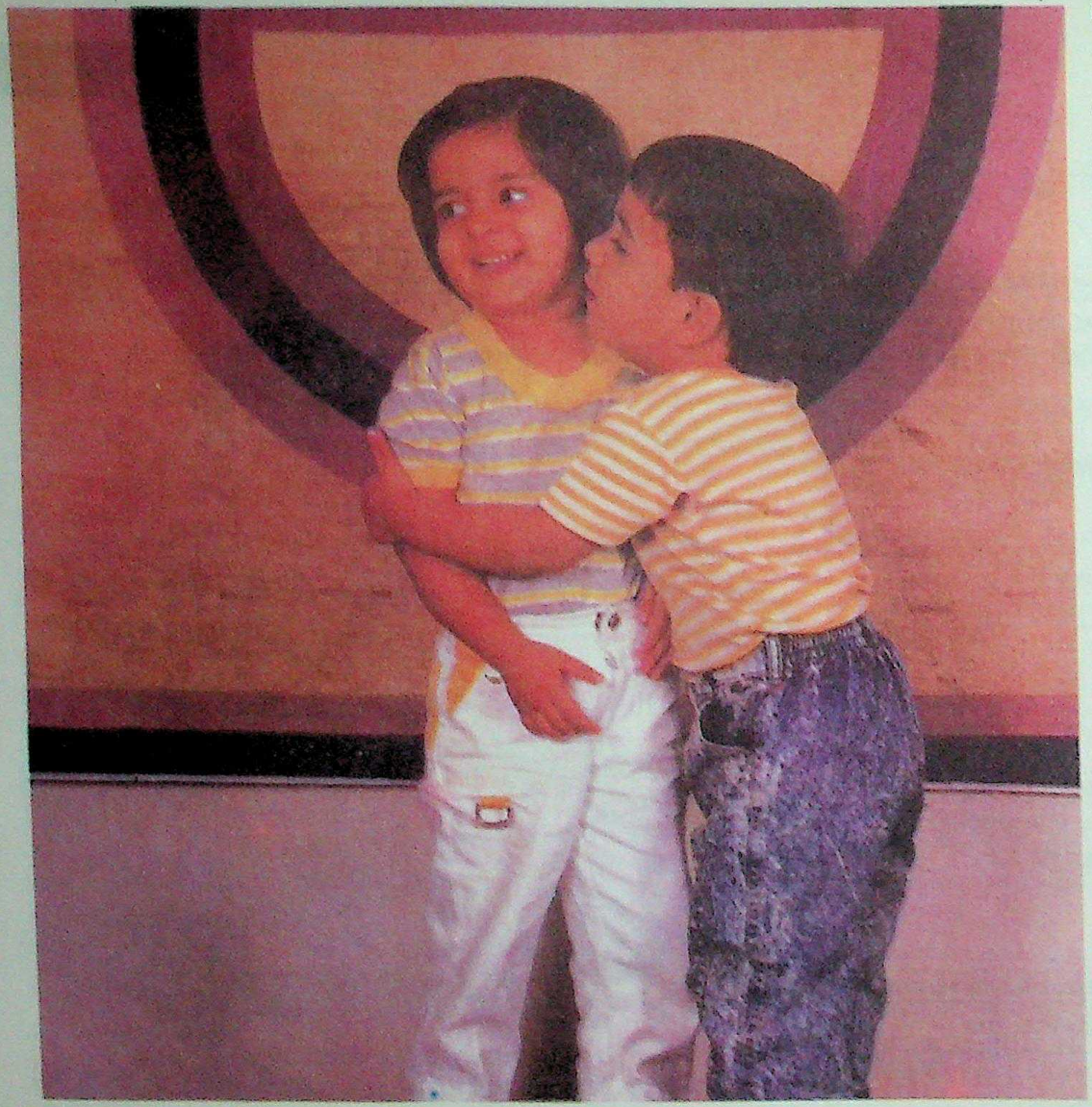

"When the first baby laughed for the first time, the laugh broke into a thousand pieces and they all went skipping about, and that was the beginning of fairies."

Sir James Matthew

A happy baby is a source of joy to its parents and to others lucky to be near it. Its smile is infectious and its defencelessness makes it adorable. But the moment this young bundle of happiness falls sick, the mother just does not know what to do. The baby cannot talk. It cannot tell that it has a pain somewhere in the body or that nappy rash is making it uncomfortable. Yet some indications besides visible symptoms are available more often than not. Please be attentive to your infant's signals of distress and find a cure for its sickness in the following pages.

For young children, the identification of disease may not be so difficult. Moreover, in the homoeopathic system of medicine, a drug is prescribed on the basis of visible symptoms. Hence, the job of the parent is rendered easy. However, try to be precise about symptoms so that you select the correct remedy.

The diseases below are discussed in the main sections of this book under respective chapters relating to various parts of the body. For detailed study, a reference thereto would be useful. The purpose of the following is to provide a ready reference table to distracted mothers.

Potency 30, unless indicated otherwise. In case 30 is not available, use 200. Reduce number of doses.

Dose:

1. In sudden, violent and acute problems, repeat a dose every 30 minutes.
2. Increase gap between doses to 4 hours the moment the sickness is under control.
3. Normal dosage is 4 pills on dry tongue, 4 times a day.
4. As a cure occurs, gradually reduce dosage to nil. Homoeopathic remedies are not required to be taken for long, except in chronic cases.
5. More than one remedy can be taken at suitable intervals if all symptoms are not covered by one medicine. The medicines should not, however, be inimical. Do not mix medicines.

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PROBLEMS OF INFANTS, YOUNG CHILDREN & THEIR REMEDIES

Bed Wetting 318
Boils, Ulcers in the Mouth 318
Bronchitis 318
Catarrhal Inflammation of the Eyes 319
Chicken Pox 319
Chorea - St. Vitus's Dance 320
Chronic Vomiting 320
Cold; Coryza 320
Colic 321
Conjunctivitis 322
Constipation 322
Cough 323
Croup 324
Crying 325
Decaying Teeth 325
Dentition Problems 325
Digestive Upsets 326
Diphtheria 326
Earache 327
Ear Discharge 327
Eczema 327
Epilepsy 328
Fever 328
Fits-Febrile Convulsions 330
Headache 330
Hip-joint pain 331
Hydrocephalus 331
Infantile Diarrhoea 331
Injuries 332
Impetigo 332
Intertrigo 333
Jaundice 333
Malaria 334
Measles 334
Mumps 335
Nappy Rash 335
Night Terrors 335
Nosebleed 335
Ophthalmia of the New-Born 336
Pneumonia 336
Pleurisy 336
Poliomyelitis 337
Rheumatic Fever 337
Rickets 337
Rubella (German Measles) 338
Scarlet Fever 338
Sleeplessness 339
Sore Throat 339
Spasmodic Croup 340
Stings, Insect Bites 340
Toothache 340
Twitching Tics 341
Typhoid Fever 341
Urticaria 341
Whooping Cough 342
Worms 342

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Bed-Wetting

SYMPTOMS TO LOOK FOR

- Child wets bed and feels sorry. ASSURE HIM THAT IT IS NOT HIS FAULT.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Urine foul-smelling. Clothes do not give up colour easily.	BENZOIC ACID 30
● Deep slumber cases.	BELLADONNA 30
● Bed-wetting in first sleep. Worse in dry, clear weather.	CAUSTICUM 30

Boils, Ulcers In The Mouth

SYMPTOMS TO LOOK FOR

- Blisters in the mouth, on gums, on the tongue, on the inside of cheeks. On the palate.
- Foul breath.
- Severe pain.
- Eating, drinking difficult.
- Pus in the blister. Pus in gums.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Blisters, ulcers on the tongue.	BORAX 30
○ Ulcers bleed on touch, on eating.	
○ Painful gum boils.	
● Saliva flowing copiously.	MERC SOL 30
○ Gums spongy, purple, full of pus. Green ulcers; full of pus.	
○ Very painful boils.	
○ Foul smell from mouth.	
● Blisters and ulcers in the mouth. Bleed easily.	NITRIC ACID 30
○ Open wounds.	
○ Severe pain.	

Bronchitis

SYMPTOMS TO LOOK FOR

- A common childhood disease.
- 'Cold' in the chest.
- Begins with common cold symptoms. Feverishness, headache, cough, running nose, languor.
- Breathing oppressed and hurried. Wheezing. Severe cough. Little expectoration.
- Frothy expectoration. Sometimes thick yellowish-green expectoration. Pulse weak.
- Throbbing headache. Eyes pain.
- Urine scanty.
- Cold perspiration, pale cheeks, cold limbs, drowsiness are bad signs. Convulsions too. Call a doctor.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Feverishness.	ACONITE 30
○ Frontal headache.	Give at once; then every one hour, or more frequently.
● Little expectoration.	BRYONIA 200
○ Pain in the centre of ribs on coughing.	Alternate with Aconite. An excellent remedy.
○ Painful on movement.	
○ Cough visibly originates in the centre of ribs lower down.	
● Wheezing. Upper respiratory infection.	IPECAC 30
○ Chest loaded with mucus.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Nausea. Vomiting.	
○ The child cannot breathe; he pants.	
● Too much mucus in the lungs. Rattling can be heard across the room. Cannot take it out.	ANT TART 30, 200
● Ropy, stringy, green mucus going down the throat. Difficult to take out.	KALI BI 30
● Bronchitis with bland green mucus. Alternate with Bryonia 200.	PULSATILLA 30

Catarrhal Inflammation Of The Eyes

SYMPTOMS TO LOOK FOR

○ Inflammation of the mucous membrane inside the eyelids and on the eyeball. Conjunctivitis.

○ Common cold, damp weather etc. can be the cause.

○ Fever.

○ Redness on the inflamed surface. Swelling.

○ Sensation of sand under the lids.

○ Mucus between lids in the morning.

○ Worse in the evening; on exposure to cold air.

○ Remove any outside material if it has caused inflammation by washing the eyes in running water.

○ Avoid brilliant light and exposure to cold.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Discharge of mucus. Severe attack.	ARG NIT 30
● Chronic, severe and difficult cases. Swelling prominent.	APIS 1000
○ Sensation of sand in the eyes.	
○ Trachoma.	
● Fever.	ACONITE 30
○ Red network on the inside of the lids' surface. Acute cases.	
● Inflammation caused in injured surfaces.	ARNICA 30
● Throbbing in the temples.	BELLADONNA 30
○ Redness, pain in the eyes.	
○ Glistening eyes. Dreads light.	
● Inflamed conjunctiva. Catarrhal conjunctivitis.	EUPHRASIA 30
○ Profuse lachrymation, acrid.	
○ The eyes water all the time.	
○ Bland coryza.	
○ Burning and swelling of the lids.	
● Pain; excoriating discharge.	MERC COR 30
○ Ulcers in the lids which are red.	
○ Difficult cases.	

Chicken Pox

SYMPTOMS TO LOOK FOR

○ An eruption peculiar to infants and small children.

○ Usually a mild disease.

○ Slight fever.

○ On the second day eruptions appear. Pus forms rapidly. Eruptions are irregular. Come in crops. As some disappear, others appear.

○ Eruptions dry up. Scales fall off in six or seven days. No permanent scars.

○ Annoying itching.

○ Child irritable. Has poor appetite.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Only one dose to begin with.	VARIOLINUM 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Child irritable. Whines. Wants company. ○ May have convulsions.	ANTIM TART 30 24 hours after Variolinum. Six times a day till fever subsides.
● Severe itching. ○ Extreme mental and physical restlessness. ○ Alternate with Aconite 30 till fever is down.	RHUS TOX 30
● Annoying rash. ○ Child is thirsty and hungry. ○ Dirty skin.	SULPHUR 30
● A few doses after temperature is normal. ○ Once a day for 3 days.	MERC SOL 200

Chorea - St. Vitus's Dance

SYMPTOMS TO LOOK FOR

- ○ Involuntary, convulsive, muscular movements involving face and limbs.
- ○ Ludicrous gesticulation.
- ○ Twitching of muscles of the head, neck, arms, hands, trunk.
- ○ Lying in bed difficult.
- ○ The patient can neither stand nor walk.
- ○ Cessation of movements in sleep except in severe cases.
- ○ A rare problem these days.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cerebral chorea. Twitching of eyeballs and eyelids. Upper parts of one side and lower parts of the other side affected.	AGARICUS 30
● Right side worse affected than the left. ○ Clumsy gait. Walking child falls easily. ○ Muscles of face, tongue, arms and legs affected.	CAUSTICUM 30
● Chorea starting in fingers, toes and extending to limbs. ○ Terrible contortions and awkward movements while awake. Restful in sleep.	CUP MET 30
● Chorea due to fright, threat, punishment or bad news. After grief or emotional upset. In hysterical persons. ○ Tingling in limbs. Pain in joints.	IGNATIA 30
● Spinal chorea. Unsteady gait. Drags feet. ○ Constipated.	NUX VOM 30
● Rotates arms. Clasps hands over the head. ○ Chorea preceded by a desire to weep.	STRAMONIUM 30
● Constant motion of feet, continuing even during the night. ○ Born out of fright. ● Chorea with vertigo.	ZINCUM MET 30 VISCUM ALB 30

Chronic Vomiting

SYMPTOMS TO LOOK FOR

- ○ In infants. Gushing vomit of food.
- ○ Constipation.
- ○ Emaciation.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Watery diarrhoea. ○ Vomiting after food. ○ Great prostration. Cracked tongue.	ARSENIC ALB 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Colic. Stomach tender. ○ Suspected food poisoning. ● Non-stop retching, with watery, rice-coloured, involuntary stools. ○ Face, tongue and extremities cold. Cold sweat.	VERATRUM ALB 200

Cold/Coryza

SYMPTOMS TO LOOK FOR

○ Abnormal secretion from nose. Interferes with breathing and suckling.

○ On exposure to dry cold. Sudden changes in temperature.

○ From wet cold.

○ Shivering in the back. Pain in the head. Heaviness, congestion, stiffness in the base of the head. General body pain.Sore throat.

○ Eyes may be watering, red. Eyes burn, itch.

○ Nose blocked partially or fully. Breathes through the mouth. Child most uncomfortable.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Very early stages. Feverish. ○ Exposure to dry cold air. ○ Sneezing bouts.	ACONITE 30
● Watery, copious, excoriating discharge. ○ Sneezing.	ARSENIC ALB 30
● Cold in the chest. Bronchitis.	BRYONIA 200
● Cold caused by damp weather.	DULCAMARA 30
● With copious watering from the eyes.	EUPHRASIA 30
○ Bland discharge from nose. ● Body pain. Headache. Pain at the base of head. ○ Eyes heavy; burning. ○ Shivering in the back.	GELSEMIUM 30
○ Running nose. ○ Sore throat.	
● Non-stop flow of thin mucus.	MERC SOL 30
● Nose blocked. Stuffy cold. Gives early relief.	NUX VOMICA 30
● Bland, greenish-yellow discharge. Nose stuffed. Old cold.	PULSATILLA 30
● Give one dose of Influenzim 30 once a day alongwith Ars Alb or Gelsemium or Bryonia as the case may be.	

Colic

SYMPTOMS TO LOOK FOR

○ Spasmodic pain in the abdomen.

○ Baby cries; doubles up in pain.

○ Wind passes but this gives only temporary relief.

○ After 3 or 4 months of age, colic does not ordinarily trouble the baby.

○ Flatulence of children. Wind colic. Abdomen distended like a drum; wind passing in small quantities without relief.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Severe colic. Doubles up in pain. ○ Abdomen feels better from firm pressure.	COLOCYNTHIS 30
● The child is so uncomfortable, so peevish, so irascible as to make the mother's life miserable. Wants to be carried all the time. ○ Acute pain. ○ Nothing soothes him except Chamomilla. ○ Irritability is a clear indication for Chamomilla.	CHAMOMILLA 30
● Relief from warmth and from gentle pressure on the abdomen.	MAGNESIA PHOS 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● The baby does not want to be carried. Is worse on movement, worse on touch. Irritable.	BRYONIA 30
○ Constipated.	
○ Thirsty.	
● Spasmodic colic.	NUX VOMICA 30
○ Flatulent distension.	
○ Colic from uncovering.	
○ Upward pressure.	
○ Short breath.	

Conjunctivitis

SYMPTOMS TO LOOK FOR

○ Inflammation of the mucous membrane which lines the inner surface of the eyelids and the front of the globe of the eye.

○ Eyes look red and congested. Swollen at times.

○ Profuse flowing of tears. Excoriating.

○ Sensation of sand in the eye.

○ Dread of light.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Once in three days. Start the treatment with Sulphur.	SULPHUR 200
● Ophthalmia with mucus full of pus. Sticky. Copious discharge.	ARG NIT 30
○ Chronic ulceration of margin of lids.	
○ Eyes sore, thick, swollen.	
● Sand sensation.	APIS 1000
○ Red inflammation, swelling.	
○ A remarkably effective medicine. One dose at a time should clear the problem. Repeat if necessary.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Catarrhal conjunctivitis.	EUPHRASIA 30
○ Eyes watering all the time. Bland tears.	
○ Eyes red and swollen.	
● Lids oedematous, red, excoriated. Ulcerated.	MERCURIUS COR 30
○ Severe burning.	
○ Small pustules at the junction of the cornea and the conjunctiva.	
○ Extreme intolerance to light.	
● Greenish yellow mucus in the eyes.	PULSATILLA 30
○ Styes.	

Constipation

SYMPTOMS TO LOOK FOR

○ Result of wrong feeding. Of early use of starchy food.

○ Headache.

○ Feverishness.

○ Restlessness.

○ Loss of appetite.

○ Colic.

○ Frequent but ineffective urging to relieve the bowel.

○ At times vomiting.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Start treatment with one dose early morning.	SULPHUR 200
● Difficult passage of soft, sticky stool.	ALUMINA 30
○ No urging for days.	
● Large stool passed with great difficulty. Dry stool. Dark as if burnt.	BRYONIA 200
○ Thirsty for cold water. Takes large quantities.	
○ Headache.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● No urging for days.	GRAPHITES 30
○ Stool of round balls stuck together with mucus.	
○ Painful to pass.	
● Constipation accompanied by wind passing downwards.	LYCOPODIUM 30
● Hard stool crumbling at anus.	MAGNESIA MUR 30
● Constipation with mucus in stool.	MERC SOL 30
● Hard, crumbling stool.	NATRUM MUR 30
○ Rectal bleeding.	
○ Sore anus.	
● Frequent, ineffectual urging.	NUX VOMICA 30
○ Pressure at anus.	
● Stool comes out but goes back. Weak rectum.	SILICEA 30
○ Anus sore, oozing mucus.	

Cough

SYMPTOMS TO LOOK FOR

○ Generally a symptom.

○ Please also refer "WHOOPING COUGH".

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Harsh, dry cough.	ACONITE 30
○ Fever.	
○ On exposure to dry cold.	
○ Sudden onset.	
○ Awakens from sleep.	
○ Fear. Anxiety.	
○ Worse on entering a warm room.	
● Face red, burning, hot.	BELLADONNA 30
○ Eyes staring.	
○ Violent, sudden onset.	
○ Tonsils may be inflamed, red, glistening, dry, painful.	
● Hard, dry, painful in the chest.	BRYONIA 200
○ Slightest movement painful.	
○ Thirst for cold drinks.	
○ Worse on entering warm room.	
● With rattling accumulation of phlegm in the chest. Difficult to take out.	ANTIM TART 30
● Wheezing, difficult respiration.	IPECAC 30
○ Wants to vomit.	
○ Spasmodic cough with mucus coming out.	
● Patient over-sensitive to cold air.	HEPAR SULPH 30
○ Cough loose, rattling and croupy.	
○ Thick, yellow mucus.	
○ Coughing spasm strangles.	
● Unable to clear throat.	KALI BI 30
○ Ropy, green secretion inside. Difficult to take out.	
○ Brassy, hacking cough.	
● Dry cough.	NUX VOMICA 30
○ Larynx sore.	
○ Throat feels scraped.	
○ Patient feverish.	
○ Worse in cold, dry, windy weather.	
● Loose cough.	PULSATILLA 30
○ Thick, yellow, bland mucus.	
○ Weight on chest.	
○ Old cold.	
○ Nose blocked.	
○ Better in open air.	
○ Worse at night.	

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Croup

SYMPTOMS TO LOOK FOR

- Symptoms come suddenly. Are alarming. Often in the night.
- Aggravated in frequent spasms.
- Inflammation of the mucus lining of the larynx and trachea, that is the voice box and the wind-pipe. At times, inflammation of the air passages between the wind-pipe and the lungs, the bronchi.
- Child awakens with a dry, barking, ringing cough. There is great difficulty in breathing on account of congestion and swelling of the lining of the larynx.
- Crowing respiration. Voice hoarse or lost. Pulse quick. Skin hot and dry.
- Change of colour to blue of lips and face is a serious indication. Call the doctor immediately.
- Keep the room warm and humid.
- Steam inhalation should be given as often as possible.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nothing like Aconite which alone can cure the patient most of the time. Repeat every 15 minutes for 2 hours. ○ As relief sets in and fever goes down, substitute with Spongia 30 or alternate the two medicines every two hours.	ACONITE 30
● Abundant phlegm in the lungs. Inability to take it out. ○ Nausea.	ANTIM TART 200
● When fever has subsided. ○ Loose metallic cough. ○ Rattling in chest. Difficult expectoration.	HEPAR SULPH 30
● Once a day, early morning, for 7 days during convalescence.	SULPHUR 200

Crying

SYMPTOMS TO LOOK FOR

- When a baby cries, it is giving a signal that it is in distress. Its cry is expressive and varies in character.
- A normal baby signals hunger, anger, pain, loneliness or discomfort through a cry. Alleviate this cause and the baby stops crying.
- Quite often the baby just requires water. The adults somehow do not think of a baby's thirst. Please do not forget to satisfy this need of the young one. Hot weather or peevishness lead to more thirst.
- Cries of loneliness stop when you provide the child with company. No medicine is needed.
- The baby may be tired. It moans softly. Put it to sleep.
- A hungry baby naturally cries. The earlier feed might have been insufficient. Or the interval has increased beyond normal. Offer a feed.
- A sudden shriek normally indicates that the baby has passed urine. Change the wet nappy.
- Colic cry can be judged by the baby passing wind, drawing up legs, its restlessness. It is a sudden cry followed by relaxation.
- Severe pain leads to severe crying. The baby is not easily comforted.
- If these causes are not apparent, investigate the person of the baby for symptoms of sickness like skin problems, earache, insect bites. The infant should be fully undressed in a warm comfortable room and looked at. The form and movement of its chest should be noted. Also of its abdomen. See whether its skin is hot, cool, moist or dry. Look for eruptions.
- If nothing helps or if the baby is very sick, loses colour, draws up legs, call a doctor. Do not lose time. Hurry.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Feverish. ○ Exposed to dry cold air. ○ Restless. ○ Full of fear.	ACONITE 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Insect bites; pain.	APIS 30
○ Swollen, red patches.	
● If the child is tired for any reason.	ARNICA 30
○ Any injury. Hurt. Fall.	
● No apparent cause but head hot, eyes sparkling, cheeks flushed.	BELLADONNA 30
○ Startles during sleep.	
○ Earache; child touches the hurting ear.	
● Constipated, dry, burnt stool.	BRYONIA 30, 200
○ Bronchial cough.	
● The child cries when passing urine.	CANTHARIS 30
○ Feverish.	
● Peevish, irascible child for any reason.	CHAMOMILLA 30
○ Sensitivity to pain disproportionate to its cause. Constant crying.	
○ Dentition period.	
○ Colic. Draws up legs.	
○ Loose bowels.	
● Sleeplessness.	COFFEA 30
○ Tossing about, restless.	
● Severe colic. Child bends over double. Presses the abdomen.	COLOCYNTHIS 30
○ Least food intake causes dysenteric stools; jelly-like, fetid.	

Decaying Teeth

SYMPTOMS TO LOOK FOR

○ Teeth black, crumbling. Gums unhealthy, itching.

○ Can be prevented by proper dental hygiene.

○ Consult a dentist at the earliest.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Teeth decay as soon as they appear. Gums sore.	KREOSOTE 30
○ Vomiting.	
● Teeth loose.	MERC SOL 30
○ Bleeding gums.	
○ Copious saliva. Fetid breath.	
● Teeth black.	STAPHYSAGRIA 30
○ Gums pale, sore, swollen, eroded.	
○ Teeth loose.	

Dentition Problems

SYMPTOMS TO LOOK FOR

○ A teething child is peevish, restless. His sleep is disturbed. His stomach is upset.

○ He suffers from spasms, convulsions.

○ He has temperature.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● If the child has fever, is restless and if his gums are inflamed.	ACONITE 30
● Child is peevish, restless, irascible, wants to be carried.	CHAMOMILLA 30
○ Stomach upset.	
○ Treatment for dentition problems. Continue one dose a day throughout dentition.	
● Teeth decay as soon as they appear.	KREOSOTE 30
○ Inflamed gums.	
○ Constipation.	
● Diarrhoea during dentition.	PODOPHYLLUM 30
○ Early morning diarrhoea.	
○ Green, watery, fetid, profuse stool. Gushing.	
○ Hot, glowing cheeks while being bathed or washed.	

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Digestive Upsets

SYMPTOMS TO LOOK FOR

- ○ Acute indigestion.
- ○ Sudden attack. Loose motions.
- ○ Nausea. Vomiting.
- ○ Temperature.
- ○ Weakness.
- ○ Tongue coated like fur.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● White, thickly furred tongue. ○ Foul eructations. Foul wind. ○ Troubles due to overeating. ○ Stomach painful on pressure.	ANT CRUD 30
● Even the slightest food distresses. ○ No appetite. ○ Acidity. ○ Pain in the centre, below the ribs, radiating in all directions.	CARBO VEG 30
● Nausea. Vomiting. ○ No relief from vomit. ○ Breast-milk disagrees.	IPECAC 30
● Constipation. ○ Aversion to food or drink. ○ Sour, fetid vomit.	NUX VOMICA 30
● Upset due to heavy, fatty, difficult-to-digest foods like raisins, dry fruit, fruit and ice cream.	PULSATILLA 30
● Loose rice- colour motions. ○ Terrible retching. ○ Collapse. Cold sweat on forehead.	VERATRUM ALB 1000

Diphtheria

SYMPTOMS TO LOOK FOR

- ○ Throat sore, red.
- ○ Fever. Temperature does not usually rise above 38.9 °C or 102°F.
- ○ A white, patchy, greyish exudation or membrane appears on the tonsils and gradually spreads over the soft palate, uvula and even over the pharynx.
- ○ Glands in the neck swollen.
- ○ Pain on swallowing.
- ○ A very serious problem. Can be followed by palsy of palate, of the eye muscles, a paralysis of the heart muscle and death. Get expert medical advice immediately.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Red, shining, violent surface in the throat.	BELLADONNA 200 Every two hours. Can take care of mild cases by itself.
● If Belladonna does not help, start Merc Cyan every three hours. ○ Pronounced diphtheria. ○ Deep depression. ○ Formation of false membrane.	MERC CYAN 30
● Burning sensation in the throat. ○ Great physical and mental prostration. ○ In the last stages.	AMM CARB 30, 200
● For paralysis resulting from diphtheria. ○ Also please refer 'DIPHTHERIA' in the chapter on 'THE THROAT'.	GELSEMIUM 30

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Earache

SYMPTOMS TO LOOK FOR

- ○ The infant gives a shrill, piercing cry. Beats or pulls at the ear which pains. Tosses its head right and left.
- ○ Face flushed. Ears red at times.
- ○ More or less deaf. Stuffed-up feeling in the ear.
- ○ Temperature, if any, may rise to 39.5°C or 103°F. Aggravation at night.
- ○ In infants inflammation extending to middle ear may be accompanied by vomiting, convulsions.
- ○ Earache can be caused by cold, by acute tonsillitis, by a foreign body, etc.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever. ○ Acute pain. ○ Red, shining swelling inside. ○ Throbbing in the ear. ○ On exposure to dry cold wind.	ACONITE 30
● Sudden onset. Right side particularly. Dry, flushed face. Shining. ○ Dry, burning, red skin. ○ Severe pain.	BELLADONNA 30, 200
● Pain disproportionate to cause. ○ Peevish child. Irascible. Wants to be carried. ○ One cheek red and hot, the other cold and pale.	CHAMOMILLA 30
● If pus has formed.	MERC COR 30
● Ears feel stuffed. ○ Severe throbbing pain. ○ Cold has spread into ears.	PULSATILLA 30
● Inflammation of middle ear. ○ Earache with toothache. ○ Sticking pain in the ears. ○ Pain goes from one ear to the other through the head.	PLANTAGO Mother tincture mixed in equal quantity of hot water, to be put into the ear. Gives relief.

Ear Discharge

SYMPTOMS TO LOOK FOR

- ○ Blood, mucus.
- ○ At times, watery.
- ○ Offensive.
- ○ Generally chronic.
- ○ At times, painful.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Discharge of pus and blood.	HEPAR SULPH 30, 200
● Thick, bloody, offensive discharge. ○ Piercing ear-pain. ○ Glands swollen.	MERC COR 30
● Green, bland mucus. ○ After measles or mumps.	PULSATILLA 30
● Chronic, unyielding cases.	SILICEA 200

Eczema

SYMPTOMS TO LOOK FOR

- ○ Inflammation of the skin. Very common.
- ○ Acute attack in young children. Can become chronic and last a long time.
- ○ Avoid soap and water. Eczema does not like water.

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○ Eczema takes many forms.

○ In contact-eczema which causes itching, redness, small blisters at the site of contact, the cause has to be removed, for instance, synthetic clothing, a perfume, elastic bands etc.

○ Blisters should not be scratched because scratching leads to oozing. This is, of course, easier said than done.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Vesicles surrounded with red areola. Especially about the nose, ears, neck and shoulders.	ANT TART 30
● Chronic cases. Burning corrosive discharge.	ARSENIC ALB 30
○ Ulcerated pits.	
○ Scaly, dirty, darkening skin.	
○ Itching.	
● Thick scales. Pus underneath.	CALC CARB 30
○ Impaired nutrition.	
○ Stool clay-coloured.	
● Bright red, shining eruptions.	MERC SOL 30
○ Burning pain.	
○ Brownish scales.	
● Intense itching, worse at night.	RHUS TOX 30
○ Acute, simple eczema.	
● For eczema on the head or vulva.	SULPHUR 30
○ Violent itching.	
○ Burning.	

Epilepsy

SYMPTOMS TO LOOK FOR

(A) Petit Mal, a milder form occurs between age four and adolescence. Child suddenly stops playing, stands stupefied for a few seconds, his face turning pale, then returns to normal activity as if nothing had happened.

(B) In Grand Mal, there is sudden and complete loss of consciousness, spasmodic contraction of muscles, followed by exhaustion and deep sleep.

○ The patient may utter a loud terrifying shriek before convulsion. Violent movement of the head and neck. Jaws clenched. Frothing at the mouth. The epileptic bites his tongue. His eyes are fixed, staring or rolling. Hand firmly clenched over the thumbs.

○ Urine and stool pass involuntarily.

○ Face pale. Veins of the forehead distended.

○ After one to three minutes, the child relaxes, goes into deep sleep.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Convulsions with intense heat, redness and throbbing. Cerebral congestion.	BELLADONNA 30
○ Sudden onset.	
○ Child jumps in sleep. Loss of consciousness. Foam at the mouth.	
○ Involuntary action of the bowels and the bladder.	
● Convulsions caused by worms.	CINA 30
○ Child throws arms from side to side.	
○ Inward jerking of the fingers of right hand suddenly.	
○ Twitching and jerking.	
○ Distortion of limbs.	
● Epileptic convulsion. Aura begins at knee.	CUPRUM MET 30
○ Violent, contractive pain.	
○ Spasm in fingers, palms, toes.	
○ Face distorted, turns blue. Contraction of jaws.	
○ Foaming.	
○ Unconsciousness.	
● Epilepsy caused by fright.	STRAMONIUM 30
○ Epilepsy in stammerers.	

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Fever

SYMPTOMS TO LOOK FOR

- ○ Do not let fever upset you, unless the temperature runs high.
- ○ Fever comes when body defences build up to fight an invader.
- ○ Choose a medicine carefully out of those given below. Observe your child closely before making your decision.
- ○ If the temperature goes to 39.5°C or higher, sponge the child's body with cold water and continue doing so till the fever comes down. Wipe each part dry before sponging it again. Consult a doctor when the fever goes higher despite these steps. Do not lose time. HIGH TEMPERATURE CAN CAUSE SERIOUS IRREVERSIBLE PROBLEMS.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever on exposure to dry cold air.	ACONITE 30
○ Sudden chill.	
○ Great heat and dryness of skin.	
○ Mouth, lips, tongue dry. Great thirst.	
○ Pulse full, hard and frequent.	
○ Hurried breathing.	
○ High fever, early stages.	
● Fever with total prostration and restlessness.	ARS ALB 30
○ Thirst for small quantities of water at short intervals.	
○ Typhoid.	
● Intense headache.	BELLADONNA 30
○ Face flushed. Glazed, staring eyes.	
○ Dislike of noise and light.	
○ Sore throat.	
○ Inflamed red tonsils.	
● Severe muscular pain; worse on least movement.	BRYONIA 200
○ Painful cough in the chest. Bronchitis.	
○ Breathing oppressed.	
○ Thirst for large quantities of water at long intervals.	
● Fever due to urinary infection. Burning and pain before, during and after passing urine.	CANTHARIS 30
● Body pain.	GELSEMIUM 30
○ Congestion and pain at the base of head.	
○ Running nose.	
○ Sore throat.	
○ Face puffed, flushed.	
○ Patient drowsy and indifferent. No thirst.	
○ Pulse full but slow.	
○ Harsh croupy cough.	
● Periodic fevers.	NATRUM MUR 30
○ Malarial.	
○ Chill runs through the body. Shuddering.	
● Fever due to constipation.	NUX VOMICA 30
○ Chilly, but wants to uncover.	

Fits — Febrile Convulsions

SYMPTOMS TO LOOK FOR

- ○ Please stay cool and calm. By and large, these convulsions do not indicate anything serious.
- ○ Seizures occur during illnesses with fever, such as pharyngitis, chicken-pox, measles, and mumps. Even in dentition, in indigestion; from a blow, from worms etc.
- ○ Violent, irregular contraction of muscles followed by relaxation. Rhythmic twitching. Shaking of arms and legs.
- ○ Sudden loss of consciousness.
- ○ Fit followed by sleep.
- ○ Recovery is rapid and complete.
- ○ Most such cases do not develop into epilepsy in later life.

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○ Lay the child on his side. Clear the mouth of any substance blocking the airway. Do not try to control the jerking, twitching movements. Loosen clothes. Open windows. If feverish, sponge with tepid water.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Unconsciousness.	CAMPHOR — mother tincture 10 drops on sugar every 15 minutes.
● Fever, restlessness.	ACONITE 30
○ Fit caused by fear or excitement.	
○ On exposure to dry, cold air.	
● Red face. Staring eyes.	BELLADONNA 30
○ Hot head.	
○ Rigidity of the whole body.	
○ The least noise or light startles.	
● Teething period.	CHAMOMILLA 30
○ Facial muscles twitch.	
○ Sour vomiting.	
○ One cheek red, the other pale.	
● Worms causing indigestion, weakness and fits.	CINA 30
● Twitching of various muscles.	AGARICUS 30
● Convulsions following each other rapidly.	VERATRUM VIRIDE 30
● Nausea and vomiting.	IPECAC 30
○ Wheezing.	
○ Asthmatic attack.	
● Constipation leading to fits.	NUX VOMICA 30
● Dark red or purple, swollen, hot face.	OPIUM 30
○ Eyes turned upwards. Insensible to light.	
○ Urine suppressed.	
○ Snoring in breathing.	
● Intake of fatty food leading to a fit.	PULSATILLA 30

Headache

SYMPTOMS TO LOOK FOR

○ A child may be too young to complain of headache. Children under four can hardly describe it.

○ Shows by his desire to lie down, or to have the head supported. Restless; peevish.

○ Headache can also be a result of a fall, of an injury to the head.

○ On exposure to sun, to heat.

○ Of indigestion.

○ In colds.

○ If no apparent cause is found, consult a physician.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● With fever. On injury.	ARNICA 30
● Throbbing pain in temple.	BELLADONNA 30
○ Bright eyes, red flushed face, dilated pupils.	
○ Starts and screams in sleep.	
● In colds.	GELSEMIUM 30
○ Head feels as if tied with a steel band.	
○ Body pain.	
○ Listless.	
○ Chill up the spine.	
○ Sore throat.	
● Sun or heat headache. Sudden. Fainting.	GLONOINE 30
○ Cannot hold head erect.	
○ Face pale.	
● With bilious vomiting.	IRIS 30
● Indigestion.	NUX VOMICA 30
● Fatty food intakes.	PULSATILLA 30

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Hip–Joint Pain

SYMPTOMS TO LOOK FOR

- ○ Slight limping pain in walking in the beginning.
- ○ Knee-joint swollen at times although real seat of pain is the hip-joint.
- ○ Fever and restlessness in the evening.
- ○ Definite lameness in later stages. Limb shortened. Pain severe at night. Violent starting of the limb during sleep.
- ○ Abscess forms. Bursts at buttocks.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● In early stages, if fever is present.	ACONITE 30
● Pus formation threatened.	CALCAREA CARB 30
○ Knee-joint, hip-joint swollen.	
○ Sharp sticking pain, as if parts were wrenched or sprained. Tearing pain in muscles.	
● When pus has formed deep in the bones.	SILICEA 30
● In chronic case, once in three days, early morning besides other well-chosen medicine.	SULPHUR 30

Hydrocephalus

SYMPTOMS TO LOOK FOR

- ○ A rare condition.
- ○ Head enlarged abnormally. Skull and face disproportionate. Forehead overhangs the face.
- ○ Surgery may be necessary. Consult doctor.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bulging, soft spots on the skull.	APIS 30
○ Face swollen and pale.	
○ Patient listless, drowsy, quiet.	
○ Occasionally gives a sharp cry.	
○ Hydrocephalus after scarlet fever.	
● Hydrocephalus after measles and scarlet fever.	MERC SOL 30
○ Copious sweating on the head.	
● Head very large or enlarging fast. Acute symptoms.	HELLEBORUS 30
○ Depression of the sensorium. Eyes do not see. Ears do not hear.	
○ Frequent and severe convulsions. The child rolls the head and bores it into the pillow.	
● Soft spots on the skull not closing.	CALCAREA CARB 30
○ Extraordinarily large head. Sweating of head.	
○ Joints large. Bones soft or curved. Teeth delayed or decayed.	
○ Muscles of the abdomen shrunken.	

Infantile Diarrhoea

SYMPTOMS TO LOOK FOR

- ○ Dentition diarrhoea.
- ○ Severe loss of body fluids through stool. A serious situation.
- ○ Motions can be green and gushing. Or rice-water-like and gushing. Sometimes, blood and mucus in stool.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Chronic cases.	ARS ALB 30
○ Worse at night.	
○ Unquenchable thirst.	
○ Pale, sunken face.	
○ Food poisoning, after taking rotten food.	
○ Burning inside.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Dentition diarrhoea. ○ Colic. Very painful. ○ Child restless. Frets. Peevish. ○ Stool greenish, frothy, copious; offensive smell.	CHAMOMILLA 30
● Bloody diarrhoea. ○ Tenesmus. ○ Blood dysentery.	MERC COR 30
● Severe cramping colic. ○ Every intake of food followed by rush of diarrhoea.	COLOCYNTHIS 30
● Sudden, copious, fetid discharge. ○ Worse early morning. ○ Undigested food in stools.	PODOPHYLLUM 30
○ Frequent retching. No vomit. ○ Rolling and perspiration of the head. ○ Moaning. ○ Restlessness.	
● A medicine par excellence. One dose would stop vomiting and loose, watery, rice-coloured motions. ○ Cold sweat on the forehead. ○ Abdomen cold.	VERATRUM ALB 200, 1000
● Painless, copious diarrhoea, pouring as from a hydrant without a washer.	PHOSPHORUS 30

Injuries

SYMPTOMS TO LOOK FOR

○ Injuries to head from concussion are serious.

○ Bleeding injuries require immediate attention in order to stop bleeding. Dress the wound. Use clean cloth bandages for this purpose.

○ An injury can also cause internal bleeding.

○ A fracture of a bone requires expert handling and dressing. Do not remove the casualty without qualified help.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Administer a dose on any injury. First aid. Stops or slows down bleeding. Continue thrice a day thereafter. Takes care of pain, swelling, black eye etc. ○ In concussions, shocks, traumatic injuries, in tooth extraction, in surgery.	ARNICA 200
● Apply on a bruise, on a bleeding surface or on an open wound. A great healer.	CALENDULA mother tincture or ointment.
● Injury to nerves like fingertips crushed in a door or with the strike of a hammer. ○ Injury on coccyx, on the spine.	HYPERICUM 30
● Anti-tetanus. Administer immediately on a punctured wound or 30 minutes after Arnica.	LEDUM 30
● In injuries of bones, cartilages, in sprains. ○ For tired eyes.	RUTA 30
● For internal haemorrhage on account of injury, after Arnica.	MILLEFOLIUM 30
● Sore bruises. Haemorrhage of dark clotted blood.	HAMAMELIS 30

Please refer 'INJURIES ETC' in 'MISCELLANEOUS'.

Impetigo

SYMPTOMS TO LOOK FOR

○ Common, severe, contagious skin inflammation.

○ Pus forms.

○ Intense itching.

○ Skin hot.

○ Pustules grouped in clusters, run together, forming irregularly- shaped, thick, moist, yellowish scales.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Oozing of corrosive discharge.	ARS ALB 30
● On pus formation. Papules tend to suppurate and extend.	HEPAR SULPH 30, 200
○ Pricking pain.	
● Red spots turning into blisters which break down.	MEZERIUM 30
● Eczema in childhood.	VIOLA TRICOLOR 30
○ Eczema of scalp.	
○ Specific for impetigo.	
○ Eruptions on scalp, face; burning, itching.	
○ Thick scabs which crack and exude a tenacious yellow pus.	

Intertrigo

SYMPTOMS TO LOOK FOR

○ Occurs in folds of the skin. Redness and chafing.

○ In neck, armpits and groin. In buttocks.

○ Secretion is clear and does not stiffen the linen as in eczema cases.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Excoriation of thighs on walking. Easy perspiration.	AETHUSA 30
● Soreness in folds of skin, back of ears, between thighs.	CAUSTICUM 30
● Rawness in bends of limbs, groin, neck, behind ears.	GRAPHITES 30

Jaundice

SYMPTOMS TO LOOK FOR

○ Liver deranged.

○ Whites of the eye turn yellow. So do roots of the nails. Face, then neck. Then the trunk and the extremities.

○ Urine deep orange. Stains clothes.

○ Faeces pale yellow. Constipation or diarrhoea.

○ Lassitude. Spirits depressed. Weakness.

○ Bitter taste.

○ Low fever.

○ Slow pulse.

○ Complete bed-rest advised.

○ Newly-borns commonly get jaundice on 3rd or 4th day.

○ Consult a physician.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Skin jaundiced.	CHELIDONIUM MAJUS 30
○ Constant pain under inferior angle of the right scapula.	
○ Whites of the eye turn dirty yellow.	
○ Face yellow.	
○ Tongue yellow. Taste bitter.	
○ Preference for hot food and drink.	
○ Nausea. Vomiting.	
○ Profuse, foaming, yellow urine.	
○ Bright yellow, pasty stool.	
○ Icy coldness of tips of fingers.	
● Liver sore, enlarged.	CHIONANTHUS 30
○ Yellow conjunctiva.	
○ Urine very dark.	
○ Constipation.	
○ Stool clay-coloured, soft and pasty.	
○ Skin yellow. Moist.	
● In cases of great debility from outflow of liquids from body.	CHINA 30
○ Skull-bursting headache. Dizzy when walking.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Ringing in ears. ○ Bloated abdomen. Liver and spleen swollen and enlarged.	

Malaria

SYMPTOMS TO LOOK FOR

○ An intermittent fever with headache, body pain and shivering.

○ A widespread, serious and infectious disease caused by different species of malarial parasites which are carried by mosquitoes. Infection is communicated when a female mosquito bites a human being.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Intermittent fever; chill comes at 10.30 a.m. and affects extremities first, which turn blue.	NATRUM MUR 30
○ A chronic malarial state with weakness, constipation and loss of appetite.	
● Intermittent, paroxysmal fever with all stages well defined. Chill generally in the forenoon.	CHINA 30
● High fever with marked periodicity, that is, definite time and interval at which the chill comes.	ARSENIC ALB 30
○ The patient is restless physically as well as mentally. There is total prostration.	
○ The lips are dry. The thirst is unquenchable.	
● This medicine is indicated when pain in the bones is unbearable.	EUPATORIUM PERF 30

Measles

SYMPTOMS TO LOOK FOR

○ An infectious disease of children, bothersome but not serious.

○ Sets in with catarrh symptoms. Red, swollen, watery eyes, sneezing, running nose, hoarse cough, prostration and fever.

○ Fever increases in intensity, rises to 39.5°C/103° F or 40°C/104°F on the fifth day and declines rapidly thereafter.

○ Rash appears on 4th day. First crop on face, second on neck and on the body and third on legs.

○ Small, circular spots, like fleabites, which coalesce into raised blotches.

○ Face is swollen, of raspberry colour, turns white on pressure.

○ As the rash declines, diarrhoea may start. Natural and beneficial. Do not worry unless severe.

WARNING:
At times, pneumonia may develop. The child loses colour. Breathes rapidly. Administer Aconite. Get a doctor.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Aborts the disease and cuts short its course.	BRYONIA 200
○ Lungs affected.	
○ Painful cough. Bronchitis.	
○ Worse motion.	
● Fever, headache, rapid pulse.	ACONITE 30
○ Alternate with Belladonna.	
● The child is restless, flushed, thirstless.	BELLADONNA 30
○ Has sore throat.	
○ Does not like noise, light and movement.	
● Eyes and nose inflamed.	EUPHRASIA 30
○ Bland discharge from nose.	
○ Burning flow from the eyes which are red and swollen.	
○ Controls fever and relieves cough.	
● Face puffed, flushed. Patient drowsy and indifferent.	GELSEMIUM 200
○ No thirst.	
○ Pulse slow, though full.	
○ Harsh, croupy cough.	
○ Body pain.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● As the fever declines, laryngitis may develop, with hoarse, brassy cough.	KALI BI 30
○ Earache with nausea.	
○ Thick, ropy, green mucus drips into the throat. Difficult to take out.	
● Coryza with profuse flow of green, bland mucus from nose.	PULSATILLA 30
○ Thirstlessness.	

Mumps

SYMPTOMS TO LOOK FOR

○ Salivary glands beneath and in front of the ear swollen and inflamed.

○ Pain, soreness and difficulty in moving the jaws.

○ Glands enlarge first on one side; subside; then on the other.

○ Discomfort in eating. Agonising pain.

○ The glands continue to be sore, with some fever and headache, for about a week.

○ Can lead to deafness, inflammation of the testicles and pancreatitis.

○ Isolate the child for nine or ten days or till the mumps have subsided.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Pain and fever.	ACONITE 30
○ Sudden, violent onset.	
○ On exposure to dry cold air.	
● Restlessness.	BELLADONNA 30
○ Red, flushed face, red skin.	
○ Eyes sensitive to light.	
○ Child is thirstless.	
● Soft swelling; puffy; rosy hue; tender.	APIS 30
○ No thirst.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Hard swelling.	BRYONIA 30
○ Worse on motion. Every turn of the head pains.	
○ The child is irritable.	
○ Lips are dry, cracked. Thirst for large quantities of cold water.	
● When disease spreads to testicles or to mammae.	PULSATILLA 30

Nappy Rash

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Rash. Sores. Abrasions. Bruise. ○ Open wounds.Ulcers.	CALENDULA ointment or mother tincture will clear the rash. Local application only.

Night Terrors

SYMPTOMS TO LOOK FOR

○ Child wakes up suddenly. In great fear.

○ Screams. Sobs. Mumbles. Stares into space with blank look.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nightmare. Anxious dreams. Restless. Tossing about.	ACONITE 30
● Screams out in sleep. Startles to wake up. Mumbles.	BELLADONNA 30

Nose-Bleed

SYMPTOMS TO LOOK FOR

○ Not a serious complaint.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nosebleed from excitement.	ACONITE 30
● If injury is the cause.	ARNICA 30
● Blood oozing drop by drop. Not bright-red. Dark.	HAMAMELIS 30
● Red blood flowing for no reason.	MILLEFOLIUM 30

Ophthalmia Of The New-Born

SYMPTOMS TO LOOK FOR

○ Appears three or four days after birth.
○ Severe and serious. Can cause irreparable damage.
○ Eyelids red,inflamed and swollen. Eyes kept closed.
○ Thick, yellow pus.
○ Inside of the eye resembles crimson velvet.
○ Cornea looks as if sunk in a pit.
○ Infant restless and feverish.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Ophthalmia with swelling predominant.	APIS 1000
● One dose every two hours till the inflammation clears.	ARGENTUM NITRICUM 30, 200
● If Arg Nit fails, alternate the two.	MERC COR 30
● If there is fever as well.	ACONITE 30

Pleurisy

SYMPTOMS TO LOOK FOR

○ Acute inflammation, generally one-sided, of the sac covering the lungs and lining the chest. Comes quickly and violently.
○ Chill. Severe stabbing pain in the chest.
○ Child does not take a full, deep breath. Cough short and dry. Piercing pain below the nipple, near the fifth or sixth rib.
○ Consult a doctor.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever. ○ Dry cough. ○ Restlessness. ○ Exposure to dry cold air.	ACONITE 30 May be sufficient by itself if given early.
● Pain worse on movement; even the effort to breathe hurts. ○ Breathes with abdominal muscles. Short breaths; difficult. ○ Cough frequent, shakes the affected side. ○ A little expectoration.	BRYONIA 200 Alternate with Aconite. Discontinue Aconite when fever is down. Continue Bryonia till recovery is complete.
● Once a day during convalescence. Prevents relapse.	SULPHUR 30

Pneumonia

SYMPTOMS TO LOOK FOR

○ Inflammation of the lungs. Acute. Abrupt.
○ High temperature, shivering.
○ Rapid respiration.
○ Vomiting; convulsions at times.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Every hour. A sure cure if given in time.	ACONITE 30
● Chest full of phlegm which cannot be taken out.	ANT TART 30, 200
○ Pneumonia following cold or influenza.	
● Sharp stitching pain in the centre of the chest, in the sides. Bronchitis symptoms.	BRYONIA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Movement, respiration painful.	
○ Alternate with Aconite at the onset.	
● Breathing difficult. Pain under the breast bone.	PHOSPHORUS 30
○ Rust-coloured sputa.	
● One dose on every alternate day along with the other chosen medicine.	SULPHUR 30

Poliomyelitis

SYMPTOMS TO LOOK FOR

○ Paralysis affecting a group of muscles in one or more limbs.

○ Disease ushered in with fever, sore throat, convulsions, stomach upset.

○ As fever subsides, the child cannot stand or walk. Has lost the power to move an arm.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Polio vaccine is a must at the prescribed time.	ACONITE 30
○ Still if the problem comes in inflammatory cases with cold, give Aconite 30. Result of exposure to dry cold air. Fever.	
● Paralysis with convulsions, flushed face, intolerance to light.	BELLADONNA 30
● Multiple symptoms combining inflammation, fever, cold, convulsions, body pain etc.	GELSEMIUM 30
● Poliomyelitis after fever.	RHUS TOX 30
● Lower limbs affected. Indigestion. Constipation.	NUX VOM 30

Rheumatic Fever

SYMPTOMS TO LOOK FOR

○ Inflammation of the heart following an attack of tonsillitis.

○ Fever. Painful swelling of joints, of fibrous and muscular tissues.

○ Nodules on the exposed bony surface like elbow, wrist, vertebrae. Rash on trunk and limbs.

○ Chorea. Involuntary movement of face, arms and body. Writhing.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● At the outset of rheumatic fever. Alternate with Bryonia.	ACONITE 30
● Heat and swelling of joints.	BRYONIA 200
○ Pain worse on movement.	
● Pain in muscles, tendons and ligaments.	RHUS TOX 30
○ Temporary improvement on movement.	
○ Worse in cold, damp weather.	
● Acute rheumatic fever. Relieves pain. Prevents recurrence.	FORMIC ACID 30
○ Acts on ligaments, capsule and bursa of the joints. Muscular pain with soreness.	
○ Pain better from pressure.	
○ Worse on right side and on motion.	
● Chorea with muscular rheumatism.	CIMICIFUGA 30
● Chronic enlargement of tonsils.	CALC PHOS 30
○ Anaemia.	
○ Stiffness, pain and chilliness.	
○ Worse from change of weather.	
● Rheumatic heart cases.	CACTUS 30

Rickets

SYMPTOMS TO LOOK FOR

○ Disease of the bones. Caused by deficiency of Vitamin D.

○ Lack of calcium salts in growing bones makes them soft, bent and malformed.

○ Prominent forehead.

○ Child reaches tenth month without cutting teeth.

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- Chest becomes narrow and prominent.
- Joint ends of wrists and ankles enlarged.
- Hunchback.
- Is late in walking. Bones of the legs curved.
- With early diagnosis, proper treatment and diet, deformities can be avoided.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Head and joints enlarged.	CALC CARB 30
○ Delayed teething.	
○ Early decay of teeth.	
○ Spine and limbs curved.	
○ Belly swollen.	
○ Voracious appetite.	
○ Diarrhoea.	
● Symptoms as for Calc Carb but diarrhoea and weakness more marked.	CALC PHOS 30

Rubella (German Measles)

SYMPTOMS TO LOOK FOR

- A mild disease.
- Rash appears on the first day. Begins on the face. Rose-red spots.
- Next day rash extends to body and limbs.
- Rash subsides with fever on the third day.
- No superficial skin is shed.
- Cold symptoms do not precede Rubella as they do in the case of Measles.
- Sudden onset.
- Glands at the side of the neck enlarged.
- Headache, sore throat, sharp fever.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Fever, flushed face.	ACONITE 30 On the first day.
○ Restlessness.	
● Alternate with Aconite if glands are enlarged and throat is sore.	BELLADONNA 30
● Fever.	FERRUM PHOS 30
○ Rosy spots on the cheeks. No general flush.	
○ Chill. Frequent sweats.	
○ Soft, rapid pulse.	
○ Moderate thirst.	
● Child weepy. Mild. Wants company and sympathy.	PULSATILLA 30
○ Cold symptoms. Bland, green mucus coming out.	
○ Feels better in open air.	

Scarlet Fever

SYMPTOMS TO LOOK FOR

- Normally in 2nd to 5th year.
- Begins with sore throat.
- Fever symptoms like chills, shivering, hot skin, frontal headache, rapid pulse, nausea, vomiting, thirst and sore throat.
- After 48 hours of above, appearence of rash, first on breast, later on neck, face, body, all over.
- Strawberry-like tongue.

Preventive Measures

When Scarlatina is around, Belladonna 30 should be administered, one dose in the morning and another in the evening, to children as yet unaffected.

Warning

Diphtheria, laryngitis, pneumonia, bronchitis may develop during scarlet fever. Take appropriate treatment.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● To begin with, give Aconite.	ACONITE 30
● Sore throat, dry, barking cough.	BELLADONNA 30
○ Headache, drowsiness.	
○ Tendency to delirium.	
○ Glazed stare in the eyes.	
○ When the rash appears, alternate Aconite and Belladonna 30.	
● Frontal headache.	BRYONIA 200
○ Cough in the chest; coming from bottom centre of the ribs with pain; little mucus. Bronchitis.	
○ Worse on movement.	
● Copious burning discharge from eyes. Burning and swelling of lids.	EUPHRASIA 30
● Fever under control; but there are symptoms of cold; bland green phlegm in the nose or chest coming out.	PULSATILLA 30
○ Gastric upset.	
○ Alternate Aconite with Pulsatilla.	
● After eruption has subsided, discontinue other remedies. Give one dose of Sulphur 200 early in the morning for 7 days to complete recovery.	SULPHUR 30

Sleeplessness

SYMPTOMS TO LOOK FOR

○ A symptom of some disease.

○ Babies sleep a lot—12 to 16 hours in early months and 10 to 13 hours at the age of one year.

○ Some,of course,do not sleep that much. Different causes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Sleeplessness from fright, agitation or anxiety. Feverish simultaneously.	ACONITE 30
● Wants to sleep but is unable to do so. Fear, agitation, frightful visions.	BELLADONNA 30
○ Cries continuously for no reason.	
○ Hot head.	
○ Throbbing temples.	
● Over-active brain. Sleeplessness due to pleasant excitement, laughter, playfulness.	COFFEA 30
● Sleeplessness due to nervous excitment. In sensitive children.	HYOSCYAMUS 30
● Indigestion causing lack of sleep. Particularly in the later part of the night.	NUX VOMICA 30
● Intake of indigestable food leading to sleeplessness.	PULSATILLA 30

Sore Throat

SYMPTOMS TO LOOK FOR

○ Feeling of scraping, heaviness in the throat. Pain.

○ Tonsils swollen, deep red, painful.

○ Tonsils have white patches. Shooting pain. Abscess in tonsils.

○ Swallowing difficult.

○ Fever.

○ Look into the throat with a torch with tongue pressed down with a spatula or the flat handle of a spoon to determine the symptoms. The child should say ah..h..h..h. This examination is easy. Note carefully swelling,if any, colour of the surface of throat,of tonsils, presence or otherwise of white patches on tonsils or other surfaces.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● For sudden inflammation, on exposure to dry cold air.	ACONITE 30
○ Fever	
○ Hoarseness.	
○ Dryness. Roughness.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bright, red, inflamed, swollen tonsils.	BELLADONNA 30
○ Much pain on swallowing.	
○ Fever.	
● Throat sore on taking very cold drinks or on taking water after consuming greasy eatables.	BRYONIA 30
● Painful swallowing. Give early in acute cases. Effective in chronic cases.	BARYTA CARB 30
● Shooting, cutting pain with pus in tonsils.	HEPAR SULPH 30, 200
○ Hurts on swallowing.	
○ Feverish.	
● Purple throat.	LACHESIS 30
○ Very painful swallowing.	
○ Worse left.	
● Pus in tonsils. Not much pain.	MERC SOL 30
○ Feverish.	
● Mild sore throat. Scraping, rough feeling. Heaviness.	NUX VOMICA 30

Spasmodic Croup

SYMPTOMS TO LOOK FOR

○ A nervous affection inducing spasm of the glottis, the opening at the upper part of the larynx between the vocal cords. Early childhood.

○ Sudden. At night. Breathing almost stops. Appears to suffocate. Gives a loud 'crow'.

○ Death can occur in this attack.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Every 5 minutes till recovery sets in.	ACONITE 30
● Violent attack. Delirium.	BELLADONNA 30
● After spasm is exhausted and if wheezing and hoarseness is left.	HEPAR SULPH 30
● Wheezing prominent.	IPECAC 30, 200
● After Aconite stage is over. For 3 days, 4 times a day.	SPONGIA 30

Stings, Insect Bites

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Swelling. Inflammation. Fever. Sudden onset.	ACONITE 30
● Painful swelling. Stinging pain.	APIS 30
● In punctured wounds. In insect bites. Anti-tetanus.	LEDUM 30
○ Must with Aconite or Apis. Alternate.	

Toothache

SYMPTOMS TO LOOK FOR

○ Pain in the root of a tooth. Pain in gums. Comes from various causes.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Toothache caused by exposure to dry cold air. Feverish.	ACONITE 30
● Pain, extending to temples. Throbbing pain.	BELLADONNA 30, 200
○ Face red, burning, hot.	
○ Worse right side.	
● Hot or cold food causes pain.	BRYONIA 30
● Unbearable spasmodic pain. One cheek red, the other pale.	CHAMOMILLA 30
○ Worse at night.	
● Pain in the exposed roots. Severe.	HYPERICUM 30
● In carious teeth.	KREOSOTE 30

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Gum boil. ○ Pain extends to ear. ○ Loose, decayed tooth. ○ Pain in roots.	MERC SOL 30

Twitching/Tics

SYMPTOMS TO LOOK FOR

○ Twitching of the mouth, of the eyelid etc.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Out of anxiety or fear.	ACONITE 30
● Twitching of any muscle.	AGARICUS 30

Typhoid Fever

SYMPTOMS TO LOOK FOR

○ Infants rarely get it; but young children do.

○ Early symptoms: Indigestion, poor appetite, constipation, languor. sleeplessness; delirium at night. Weakness.

○ Thirst. Dry, red, coated, cracked tongue.

○ Enlargement of abdomen. Diarrhoea, but seldom.

○ Eruptions appear about 7th day; rose-coloured dots on the abdomen.

○ Gradual rise in temperature- 2° every night with a fall of 1° every morning in the first week. Decline also is gradual.

○ Persistent temperature of 40°C/104° F is a warning symptom.

○ The patient must be given complete bed-rest in convalescence. A relapse can occur on violent or sudden movement. Linen should be frequently changed.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Restlessness.	ARSENIC ALB 30
○ Prostration.	
○ Thirst for small quantities of water at short intervals.	
● Typhoid with diarrhoea. Sour-smelling stools.	BAPTISIA 30
○ Patient in stupor.	
● An early morning dose every 4th day. No other remedy that day.	SULPHUR 200

Urticaria

SYMPTOMS TO LOOK FOR

○ Skin eruptions.

○ Round or oval wheels, pale in the centre, red at the circumference. Wheels burn, tingle, smart.

○ Intense itching. Feeling of being stung by nettles.

○ Intolerable itching on the neck, arms, or body in the evening or while getting warm in bed.

○ Acute discomfort.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Urticaria caused by exposure to dry cold weather.	ACONITE 30
● Urticaria caused by almonds, by shellfish etc. By overeating.	ANT CRUD 30
● Swelling with a sensation of stinging, burning and pricking.	APIS 30
○ Insect bites.	
● Urticaria on excitement with rheumatic lameness and diarrhoea.	BOVISTA 30
○ Itching on getting warm.	
● Urticaria in damp weather.	DULCAMARA 30
● Chronic and recurring urticaria. Great sensitivity to slightest touch.	HEPAR SULPH 30
○ Stinging pain.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Urticaria caused by intake of fats, pork, etc.	PULSATILLA 30
● Flea-bite like spots with purple swelling.	RHUS TOX 30
○ Intense irritation.	
○ Worse on joints.	
○ To be followed by Bovista 30 in chronic urticaria.	
● Chronic urticaria. Aggravation by warmth of the bed.	SULPHUR 30

Whooping Cough

SYMPTOMS TO LOOK FOR

- ○ Affects infants and children.
- ○ Violent, spasmodic fits of coughing, ending in prolonged, shrill, crowing inspiration. Vomiting of thick mucus.
- ○ Child turns red, almost black in the face. Appears to be choking.
- ○ Paroxysms of extreme severity.
- ○ Attacks recur every two or three hours, even more often.
- ○ Between attacks, the child is lively and cheerful.
- ○ Shrill, crowing inspiration, called 'hoop' is a sure indication.
- ○ Can lead to convulsions, bronchitis, bronco-pneumonia and haemorrhage under the skin.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● A dose every three hours. The best remedy.	DROSERA 30
● Fever.	ACONITE 30
○ Early stages of violent cough.	
● Sore throat.	BELLADONNA 30
○ Flushed face.	
○ Glazed eyes.	
○ Dry cough.	
○ Contraction of larynx.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Paroxysms attended with threatened suffocation.	CUP MET 30
○ Vomiting.	
○ Rattling noises in bronchial tubes.	
○ Convulsions.	
● Vomiting. Early stages. Constant nausea.	IPECAC 30

Worms

SYMPTOMS TO LOOK FOR

- ○ Threadworms or roundworms or tapeworms can exist in the digestive system without being suspected unless noticed in evacuations.
- ○ Picking at the nose.
- ○ Grinding of teeth.
- ○ Impaired appetite.
- ○ Straining at stool.
- ○ Itching and irritation about anus.
- ○ General restlessness and irritability.
- ○ Worms caused by drinking impure water, by eating vegetables or meat prepared unhygienically.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● An excellent remedy for threadworms or roundworms.	CINA 30
○ Nausea, vomiting.	
○ Tossing in bed. Sudden cry in sleep.	
○ Itching of nose all the time,wants to rub it and pick at it. Bores at nose till it bleeds.	
○ Griping; itching at the arms.	
○ Epilepsy. Convulsions.	
○ White, thick urine.	
● Is required in suitable doses for expulsion of tapeworm.	MALE FERN OIL Consult doctor for dose.

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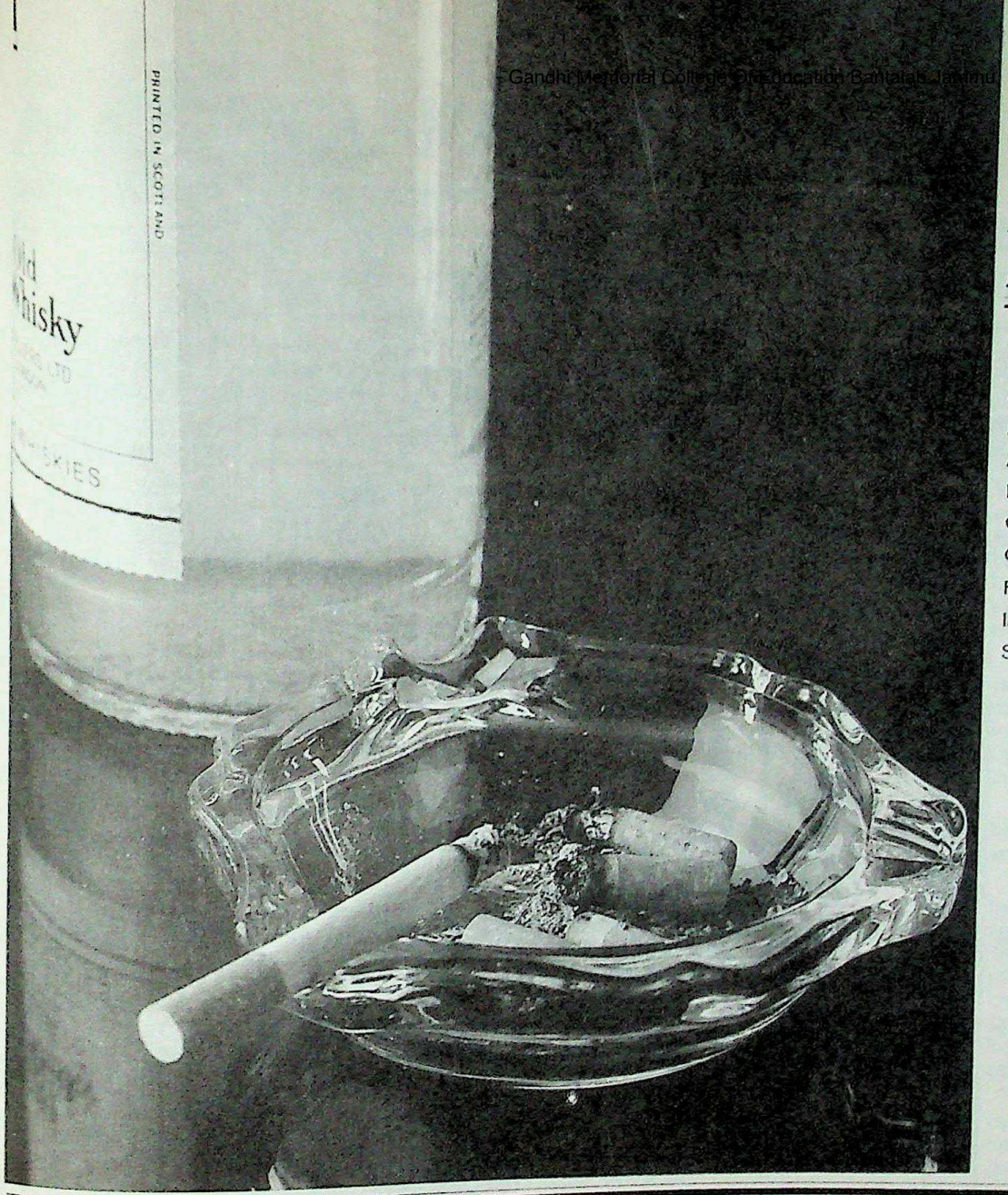

MISCELLANEOUS

Addison's Disease 344
Alcoholism 344
Alcohol – Fact & Fancy 345
Anaemia 347
Bleeding – Haemorrhages 349
Cancer 352
Collapse 362
Fatigue – Debility 363
Injuries, Bruises, Cuts, Wounds, Etc. 364
Smoking – preventable cause of death 367

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Addison's Disease

A rare problem in which the body becomes incapable of responding to physical stress. There are dark spots inside the mouth, loss of appetite, nausea, pain in the abdomen and low blood pressure. Slight infection or injury lead to collapse. The patient experiences complete exhaustion after slight effort. The skin turns dark, more so on exposure to the sun.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● All-prevailing debility, exhaustion and restlessness with nightly aggravation. Great exhaustion after the slightest exertion.	ARSENIC ALB 200
○ Ulceration of the mouth. Tongue ulcerated, has blue colour.	
○ Cannot bear the sight or smell of food. Unquenchable thirst. Drinks much but little at a time. Nausea, vomiting after eating or drinking. Burning pain in stomach.	
○ Darkening skin.	
● Great lowness of spirits. Brain feels tired. Vertigo on standing. Vertigo with faintness.	PHOSPHOROUS 200
○ Abdominal pains are sharp and cutting. Pain in stomach is relieved by cold food.	
○ Even small wounds bleed much. They heal and break out again.	
○ Worse on physical or mental exertion, in the evening, with warm food or drink.	

Alcoholism

When a social drinker cannot cry halt, he is said to be suffering from alcoholism as a disease. The person does not know or does not want to know when to stop drinking He starts drinking when alone and wants to hide his habit from others.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bewildered and low-spirited. Anxiety, tension and depression.	APOCYNUM CANNABINUM mother tincture. In 10 drops dose 3 times daily.
○ Excessive nausea and vomiting.	
○ Passes hot urine with thick mucus without much power of expulsion.	
● Very effective remedy for those who thirst for alcohol.	ARSENIC ALB 200 Medicine has to be continued once a day till the habit is considerably reduced.
○ Drinking leading to vomiting as well as to diarrhoea.	
● Intense craving for stimulants.	CAPSICUM 200
○ Vomiting.	
○ Excessive peevishness.	
● Fond of excessive drinking and stimulating food, of wine as well as of women.	NUX VOMICA 200
○ Sleeps late and wakes up with hangover as well as indigestion. Cannot tolerate noise, smells and light.	
○ Nausea in the morning. Vomiting on account of excessive consumption of alcohol.	
○ The best remedy for a man who has taken a peg too many.	
● Chronic alcoholism.	SULPHURIC ACID 200
○ Cannot drink water unless mixed with whisky. At the same time, cannot tolerate food.	

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ALCOHOL-FACT & FANCY

For ages, man has consumed alcohol to forget his sorrows, to lead him into the realm of happiness. John Keats (1795-1821), the great romantic English poet, listened to the full-throated music of a nightingale and wanted to become one with that moment of happiness. He thought of taking ' a beaker full of the warm south, of vintage, that has been cooled a long age in the deep delved earth', drinking which he could 'leave the world unseen', and fade away into the dim forest with the singing bird. But Keats was romanticizing the effect of wine on the human mind. A moment later, he decided to give up the idea of taking the assistance of Bacchus and his leopards and switched over to reaching the bird and its music on 'the viewless wings of poesy'. This was definitely a wise decision because the alleged euphoric effect of alcohol is a myth. In fact alcohol dulls the brain and retards its activity.

Alcohol is basically a drug. It is consumed more than any other drug by man. It is produced in numerous varieties, packaged with great ingenuity and sold through massive publicity. Unfortunately, alcohol is used most of the time to the disadvantage of man.

No form of alcohol, however mild, whether wine or beer or cider, can do good to the human system and health.

It is a fallacy to believe that alcohol stimulates the brain. In reality, alcohol depresses the brain and slows down the various centres of control. That is why a person who has taken a peg too many, finds it difficult to articulate his words clearly, falters in walking and may sometimes sleep into a coma. An overdose of alcohol can lead to nausea, vomiting, wild gestures or the uttering of incoherent words.

When alcohol is swallowed, it goes into the stomach where a fraction of the dose enters the blood stream through the blood vessels of the stomach wall. The greater the percentage of

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alcohol in the liquor being consumed, the greater the absorption, at this first stage, into the blood. This is the reason why drinks such as beer which have a lower percentage of alcohol content take a longer time to affect the behaviour of the person consuming alcohol. For the same reason, the adverse effect of whisky, if taken neat, is manifested very soon.

From the stomach, alcohol has to pass into the small intestine. Proteins, fats and other food retard this passage. The carbon dioxide in soda water accelerates this flow of alcohol from the stomach into the intestines. This is what makes whisky and soda more dangerous than whisky and water.

But the human body cannot contain any outside entrant for a long time. It has to be eliminated. This elimination process has its own rhythm and delay mechanism. If the passage of alcohol into the intestine is rather fast, the removal mechanism cannot cope with the job.

Most of the alcohol that goes into the body is oxidised by the liver and converted into acetic acid which can be used by the body. But the liver cannot do the job beyond its capacity. As a result, any excessive intake of alcohol in a short period of time, cannot be handled by the liver. Perforce it continues to circulate with the blood stream, affects the brain more and more, causes intoxication and the resultant aberration in behaviour and other problems.

Any person who is fond of alcohol should remember that the liver cannot process more than a quarter of an ounce of alcohol in an hour. Any dose larger than this puts a burden on the capacity of the liver. In the long run, this damages the liver cells and may lead to cirrhosis of the liver which in turn can be fatal.

The biggest asset of the human body is the brain. Alcohol is one drug which causes the maximum damage to the brain. Its effects on other organs of the body are via the disorientation of the various parts of the brain. To begin with, alcohol affects parts of the brain which control thinking and learning. The person who is drinking cannot concentrate, is no longer alert and cannot perform arithmetical exercises as efficiently as a normal person who has not taken alcohol would do. As Thomas Bacon (1512-1567), the English philosopher and essayist, put it, "For when the wine is in, the wit is out."

As the liquor starts having its effect, the human brain is flooded by ideas and images. It is a different matter, though important, that coherence is lacking in the ideas and the images are disjointed.

Since ancient times, it has been thought that "wine maketh glad the heart of man" (The Bible: Psalms 104, 15). But in reality, this is a mistaken notion. In the Bible itself we find a contradiction: "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." (Proverbs 20, 1.) The second statement is more scientific. The euphoria generated by alcohol is illusory. The blood is warmed and so is the skin. It is this warmth which makes people feel that they have reached the seventh heaven. In reality, the temperature of the body comes down because the heat carried to the skin is soon dissipated by its contact with the air.

It is a fallacy that alcohol improves sexual desire and enjoyment. Make no mistake. Alcohol is no good in adding to sexual enjoyment because sex,to a great extent,is a function of the mind and alcohol dulls the brain. The porter, in William Shakespeare's play 'Macbeth', puts it succintly: "It provokes the desire, but it takes away the performance. Therefore much drink may be said to be an equivocator with lechery."

An intake of alcohol leads to frequent urination because it affects a part of the brain which regulates the functions of the kidney discharging water.

Who does not know that an evening of cosy drinking is followed by a hangover. The Random House Dictionary defines 'Hangover' as "the disagreeable physical after-effects of drunkenness, usually felt several hours after cessation of drinking." The sufferer feels fatigued on waking up. He has not had enough rest. He would normally have continued drinking late into the night, his awareness of the need to rest and go to sleep having been lost somewhere on the way as a result of the effect of alcohol on the brain. There is severe headache, nausea and indigestion. The tongue is dry, parched like paper on account of an excessive output of urine. The gentleman is thirsty. All this is not a welcome price to pay for the illusory pleasure of an evening of drinking.

Barbiturates and a number of tranquillisers taken in heavy doses after an excessive intake of alcohol can cause death.

Shun alcohol as far as possible. If you just cannot help it, take a moderate quantity at long intervals. Go to bed early as a matter of habit.

Omar Khayyam, the Persian poet and mathematician, wrote of converting wilderness into paradise with a loaf of bread beneath the bough, a flask of wine, a book of verse and his beloved singing beside him in the wilderness. But in reality, every day liquor ruins millions of homes and converts paradise into wilderness.

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Anaemia

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A common blood disease in which the number of red blood cells in the body is decreased considerably. Further, even in red blood cells there may be too little or abnormal haemoglobin, which is the pigment in the red cells that carries oxygen.

Anaemia can be mild, almost without symptoms. But it can be severe. The patient's life can be threatened.

One must have a look at the diet of the patient. At times it is possible to take care of anaemia by adjusting the diet.

Anaemia manifests itself in so many ways. The patient is easily tired, feels dizzy, has a pallor and at times swelling in the ankles. He suffers from headache, shortness of breath, palpitation, lack of sleep.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Profound anaemia.	ACETIC ACID 30 3 times a day.
○ Face and skin pale, waxen and swollen, cold; cold sweat on forehead.	
○ Eyes sunken, surrounded by dark rings.	
○ Lips blue.	
○ Passes urine in large quantities; pale.	
○ Diabetes with great thirst and debility.	
○ Severe anaemia and weakness in women where there has been an unusual loss of blood after labour.	
● Extreme prostration and anxiety.	ARSENIC ALB 200
○ Violent palpitation.	
○ Swelling.	
○ Intense thirst; stomach easily upset.	
○ Cerebral anaemia due to malaria or due to excessive use of quinine.	
● Anaemia in children. Child peevish. Flabby. Feeble digestion.	CALC PHOS 30
○ Numbness and crawling.	
○ In women excessive menstruation with violent headache.	
● Anaemia caused by excessive loss of blood and other fluids of the body.	CHINA 200
○ Abnormal loss of blood due to tooth extraction, gastric ulcers, menstruation, piles, etc.	
○ Mind weak, unable to think.	
○ Loss of memory.	
○ Headache as if skull would burst.	
○ Dizziness when walking.	
○ Noises in ears.	
○ Face pale, sallow; eyes sunken.	
○ Sweats easily on least motion.	
● The patient is thin, pale, weak and is easily exhausted. Suffers from shortness of breath.	FERRUM ACETICUM 1000, 10000
○ Worse sitting still and lying.	A specific for anaemia. Tackles even stubborn anaemia.
● Anaemia after intermittent fevers. Patient is pale; but at times face is flushed red.	FERRUM MET 200
○ Skin is puffed up; pits easily when pressed with a thumb. Puffiness more visible in extremities like ankles, etc.	
○ Cerebral anaemia; faints easily.	
● Increases the quantity of haemoglobin in the blood.	FERRUM PHOS 30
○ Anaemia with throbbing pain in head; with extreme sensitiveness of the scalp.	
○ Marked prostration.	
● Increases red corpuscles in anaemia.	IRIDIUM 30
● Anaemia with great debility, weakness felt, in particular, in the morning in bed. Anaemia caused by loss of fluids, by menstrual irregularities, by grief or by other mental diseases.	NAT MUR 200
○ Depression on account of chronic anaemia or other chronic problems. Wants to be alone to cry.	
○ Anaemic headache of school girls.	
○ Catches cold easily.	
○ Neck weak.	
○ Body cold and pale. Emaciated.	
○ Palms hot and perspiring.	
○ Numbness and tingling in fingers and lower extremities. Coldness of legs. Ankles weak, turn easily.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Anaemia due to long-lasting depression.	PHOSPHORUS 200
○ Palpitation; chest tight, sore.	
○ Mental strain leads to fatigue and debility.	
● In pernicious anaemia which develops when the bone marrow lacks vitamin B_{12} and other substances required for the formation of blood.	PICRIC ACID 30
○ Persistent diarrhoea. Numbness in the fingers and toes.	
○ The tongue is sore and inflamed in places.	
● Iron deficiency anaemia; nails become dry and brittle.	SILICEA 200
○ Iron deficiency usually follows pregnancy, abnormally copious menstruation or any other blood loss.	

Injuries – Haemorrhage Due To

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● First remedy in any injury, external or internal.	ARNICA 200, 1000 For internal use. Administer as early as possible.
○ Mechanical injury, physical injury, resulting in haemorrhage. Arnica slows down, even stops haemorrhage.	
○ Cerebral haemorrhage due to concussion or otherwise.	
○ Haemorrhage below the skin surface on injury. Blue skin. Blood coagulated.	
○ Black eye.	
○ Nose-bleed.	
● First aid for cuts, lacerations and bruises.	CALENDULA mother tincture for external application. Calendula ointment is also available with homoeopathic druggists.
○ Open injuries.	
○ Cuts out pain and aborts pus formation.	
○ Extremely effective remedy.	
● Wounds which do not heal.	NITRIC ACID 200

Internal Haemorrhage

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Vomit of blood, bile, green mucus. Brown-black, mixed with blood. Cancer of stomach.	ARSENIC ALB 200
○ Food poisoning.	
○ Gastralgia from the slightest food or drink.	
○ Extreme prostration. Restlessness. Intense heat.	
● Discharge of blood with urine, from kidney or bladder.	CANTHARIS 200
○ Intolerable, constant urging to urinate. Cutting pain before, during and after passing urine.	
● Patient with broken down and debilitated constitution. Is always sick. No resistance to disease.	CARBO VEG 200
○ Skin surface weak, spongy. Cannot hold blood.	
○ Haemorrhage from nose;	
○ From lungs;	
○ From stomach, bowels;	
○ From bladder.	

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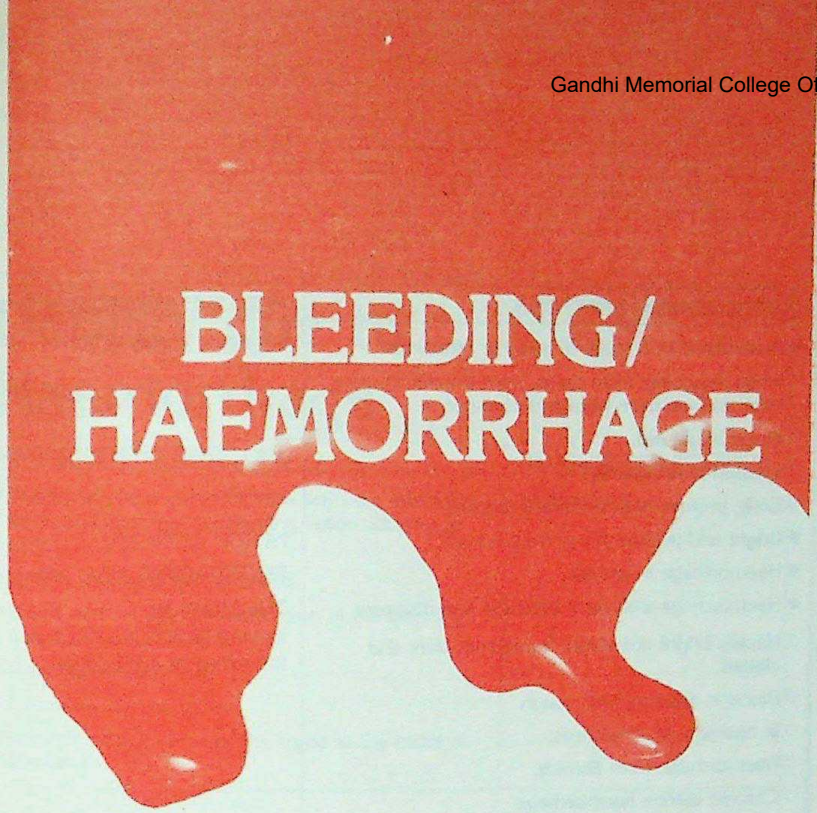
BLEEDING/ HAEMORRHAGE



Bleeding should always be taken seriously, whether the flow of blood is more or less, external or internal.

Parts of the body bleed if a blood vessel, whether a large artery or a narrow capillary, breaks.

External bleeding is immediately visible. It can be caused by an injury, a cut or a tearing of the skin. An injured muscle or a joint can bleed internally. This causes swelling and pain. Coagulation of blood under the skin as a result of bleeding makes the skin blue or purple.

Bleeding inside the body besides being a result of injury or trauma, can also result from a disease which might affect the particular part of the body.

The most serious of internal bleedings is haemorrhage in the brain as a result of either an external injury or as a result of the bursting of an artery on account of high blood pressure, etc.

Internal bleeding can be in the eye, in the retina, in the conjunctiva. This requires immediate attention and consultation with an expert.

Bleeding from the nose is usually a minor problem.

Bleeding can occur from the ear in acute middle-ear inflammation and pain.

Bleeding can occur from the gums when the gums are inflamed, infected and swollen or if there is a deficiency of vitamins.

In certain problems like lung cancer or cancer of the larynx or in tuberculosis, a patient may throw blood while coughing. All these are serious conditions.

In the digestive system bleeding can occur in the oesophagus or the stomach. The patient may vomit blood. Vomit of bright red blood indicates that the bleeding is fresh. Dark blood vomit can be a sign of cancer. It also shows that blood has been there in the system for some time. Blood may also pass through the stool which gets darker. In the lower digestive tracts, bleeding can be copious and the resultant stool would be black or like tar.

Blood passing in urine can mean cancer of the bladder, stones in the kidney or an infection of the bladder or the urethra.

Piles and anal fissures also cause bleeding. The blood is bright red. The problem is usually minor. Bloody dysentery is a disease to be worried about. There is tenesmus, pain and weakness.

In women, any vaginal bleeding other than during menstruation requires immediate attention. Even excessive menstrual bleeding can weaken a person and requires treatment.

For any external bleeding administer Arnica 200 or 1000 immediately. It would slow down the haemorrhage and reduce pain. The chances of infection are diminished. For excessive bleeding, seek expert medical help without loss of time. But first administer Arnica.

For internal bleeding give a dose of Millefolium 200 as first aid. Repeat soon if the flow does not stop. The quality and colour of the blood provide an important indication towards deciding the choice of a medicine.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nose-bleed.	CINNAMONUM 30
○ Haemorrhage from bowels.	
○ Bright red blood in early, profuse and prolonged menstruation.	
○ Post-delivery haemorrhage.	
● Black and stringy haemorrhage. Clotted blood.	CROCUS 30
○ In nose-bleed.	
○ In threatened abortion.	
○ In copious menses.	
○ Clots with long strings from uterus.	
● For bleeding when blood does not clot.	CROTALUS H 200
○ Non-inflammatory retinal haemorrhage.	
○ Blood from ears.	
○ Black and stringy blood from nose.	
○ Cancer of tongue with haemorrhage.	
○ Black or ground coffee-colour vomit.	
○ Cancer of stomach with vomiting of bloody, slimy mucus.	
○ Dark, bloody urine.	
○ Intestinal haemorrhage; blood dark, fluid, non-coagulating. Blood oozes from rectum when standing or walking.	
● Bleeding of dark, clotted and venous blood. Severe. Does not coagulate. Painless.	HAMAMELIS 200 Mother tincture for local application on piles. Excellent results.
○ Haemorrhage from nose, lungs, bowels, bladder or urethra.	
○ Piles exuding dark blood.	
● Bleeding dysentery. Stool hot, bloody and slimy.	MERC COR 30
○ Terrible tenesmus.	
○ Cutting pain.	

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Nose-bleed as a result of injury or otherwise.	MILLEFOLIUM 200
○ While coughing, from lungs, from bowels, in urine, from urethra, from piles and what-not.	
○ Blood bright red.	
○ Sputum blood-stained.	
○ Early, profuse and protracted menses.	
● Bright and profuse blood from bowels.	NITRIC ACID 200
● Haemorrhage in typhoid.	PHOSPHORIC ACID 200
● Haemorrhage with great faintness and dizziness.	TRILLIUM 30 Internally. Mother tincture for external application.
○ Usually bright red blood. Sometimes dark and clotted.	
○ Blood in sputum, with cough.	
○ In abortion. In climacteric.	
○ Haemorrhage from fibroids.	
○ Chronic uterine haemorrhage.	
○ Bloody diarrhoea with mucus.	

Easy Bleeding

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bleeding copious but blood does not coagulate. Please see 'INTERNAL HAEMORRHAGE' above.	CROTALUS H 200
● Every scratch, every cut bleeds.	LACHESIS 200
○ Bleeding from cancers.	
○ From any orifice, mouth, gums, bowels.	
● Even small wounds bleed often and much.	PHOSPHORUS 200
○ Wounds heal and break.	

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Debility due to Haemorrhage

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Debilitating flow of blood from any part, internal or external. Faintness. Weakening vision. Ringing in ears. ○ Dropsy following loss of blood. ○ Blood dark, clotted. Inflammation of the bleeding part which turns black. ○ Bleeding leucorrhoea. ○ Excessive menstruation. ○ In confinement, convulsions come in the midst of bleeding.	CHINA 200

Nausea and Bleeding

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Blood bright red, copious; active flow. ○ Nausea always present. ○ Wheezing. ○ Haemorrhage from nose, lungs, stomach, kidney, bladder, uterus and rectum.	IPECAC 200

We must laugh before we are happy
for fear of dying without laughing at all.

Jean de la Bruyere

Kindness influences
more than eloquence.

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The Brain – Cancer of

Site and cause

- Any part of the brain can be affected by cancer.
- The cause is not yet known.
- At times, cancer may spread to the brain from another part of the body.

Symptoms

- As different parts of the brain control different parts of the body, cancer of a particular part of the brain would affect those parts of the body which it controls. Adverse symptoms would appear in various parts without there being anything wrong in those parts.

In Children

- Blindness; double vision; squint.
- Difficulty in walking properly and steadily.
- Nausea and vomiting.

In adults

- Decline of mental faculties.
- Headache.
- Faulty speech.
- Failure of locomotor system.
- Weak memory.
- Increasing drowsiness.

Prognosis

- The chances of cure are extremely slim in grown-ups. The patient may not last beyond 18 months. Surgical removal of the tumour gives only temporary relief. The same is true of radiation chemotherapy.
- However, in the case of children, on removal of tumour, a cure may occur at times.

Medicines

For medicines please refer 'TUMOUR OF THE BRAIN' in the chapter 'THE MIND, EMOTIONS, THE HEAD AND THE BRAIN'.

The Mouth, The Tongue – Cancer of

Site and cause

- Cancer of the mouth comes on lips, the tongue or the tissue in the tongue, on the gums, on the palate or on the lining of the cheek.
- Cancer of the mouth is mainly caused by use of tobacco, particularly chewing tobacco. Taking liquor in excessive quantities and smoking as well causes greater problems.

Symptoms

- The tumour is red, hard and fibrous.

Prognosis

- Small tumours, if treated in time, can be cured in more than 50% cases. In later stages, the chances of cure are proportionately less.
- Cancer of the mouth does not respond easily to ordinary radiation therapy.

The Lip – Cancer of

Site and cause

- Some of the known causes are smoking of cigarettes, pipes and cigars; prolonged exposure to sunlight.

Symptoms

- No clear-cut symptoms in the beginning.
- Later, blisters on the lip which refuse to heal or which bleed.
- An ulcer forms on the lip.

Prognosis

- Early recognition and treatment can lead to a very high rate of cure.
- The patient must give up smoking cigarettes, pipes or cigars.
- A conscious effort must be made to avoid exposure to sunlight.
- Surgery is very useful and so is radiation therapy.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Cancer of the tongue. ○ Tongue dry, swollen, inflamed, cracked, sore, ulcerated. Inability to swallow.	APIS M 200
• Cancer of face and lips. Discoloration bluish; pale, coppery eruptions. ○ Red spots.	AURUM ARS 200
• Cancer of the lip. Ulcerative stage. ○ Painful cracks in the corner of the mouth.	CONDURANGO 30
• Hard tumour of the lip. ○ Cancer of the tongue. ○ Swollen, painful and stiff. ○ Distortion of tongue and mouth. ○ Tongue and lips dry and sticky.	CONIUM 1000. Once a day.
• Cancer of the tongue with tendency to haemorrhage. Tongue red and sore. So swollen that the mouth cannot contain it. ○ Tongue protruding. Goes to right.	CROTALUS H 200
• Cancer of the lip.	HYDRASTIS Apply mother tincture.
• Cancer of the tongue with blood and pus. Open sores. Hole through the tongue. Tearing and burning pains.	PHOSPHORUS 1000 Once a week.

The Larynx – Cancer of

Site and cause

○ Those who smoke cigarettes, tobacco, cigars etc suffer more from cancer of the larynx than others. Their mortality rate is higher than that of non-smokers.

Symptoms

○ Cancer of the larynx attacks the sound box and the vocal cords. The key of the voice changes.

○ Persistent soreness in the throat and difficulty in swallowing solid food.

○ At times, ears may be affected and there may be pain in the ears and throat.

○ Loss of weight.

○ Blood in cough sputum.

○ Noisy and difficult breathing.

Prognosis

○ Cancer of the larynx is a nasty killer. Some cures do occur if the cancer is detected early. In later stages, not even 30% of the victims survive.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
• Dirty-looking growth on laryngeal membrane. Velvety projections. ○ Burning pain in larynx. ○ Short, dry, spasmodic cough. ○ Rapid paroxysms. ○ Malignancy.	ARS ALB 200
• Malignancy. ○ Continuous, hacking, dry cough.	CONIUM 200
• Benign tumour of larynx with thick, ropy discharge inwards.	KALI BI 200
• Malignancy. ○ Fibrous growth. Glands swollen. ○ Follicular pharyngitis. ○ Throat hot. Pain at the root of tongue, extending to ears.	PHYTOLACCA 30
• Benign tumour of the larynx. ○ Chronic laryngitis.	THUJA 200

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The Lung — Cancer of

Site and cause

- The site to begin with is the bronchial tube carrying air to and from the wind-pipe. Later, cancer spreads to either or both lungs.
- Cigarette smoking is the main cause of lung cancer. Modern research has established this fact beyond doubt. Those who smoke 20 or more cigarettes a day, have a 30 times higher rate of mortality than that of non-smokers.
- Industrial pollutants, radio-activity, working in factories, processing metals like chromium, nickel, iron, or substances like arsenic, asbestos can also lead to lung cancer, particularly in smokers.
- Lung cancer develops usually after 40 years of age. In western countries, the number of female patients suffering from lung cancer is growing fast because of the increased incidence of smoking in women.

Symptoms

- In the early stages persistent, dry, irritating cough.
- Difficulty in breathing.
- Spitting of red or brown blood. At a later stage, yellow sputum is coughed up.
- Pneumonia.
- Gradual loss of weight.
- Severe pain in the chest. Breathing most uncomfortable.
- Difficulty in swallowing.

Prognosis

- The survival rate of lung cancer is not even 10% after years of treatment.
- Because early detection is difficult, not much can be done for the patient. In case the disease has been detected early, smoking should be given up entirely by the patient.
- A change in working environment may also alleviate the problem to some extent.
- The medicines listed below are mainly palliative.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Coughing up of pure blood.	MILLEFOLIUM 200
● Streaks of blood in mucus from the lungs. Sputa rusty, blood-coloured or full of mucus.	PHOSPHORUS 200
● Thick, yellow, lumpy mucus.	SILICEA 200
○ Violent cough.	

Oesophagus — Cancer of

Site and cause

- The lower end of the oesophagus is affected more often.
- Cancer of the oesophagus is caused by excessive use of tobacco and alcohol.
- More men than women suffer from cancer of the oesophagus and that too after middle age.

Symptoms

- In the initial stages, there are virtually no symptoms.
- As the cancer develops sufficiently, the victim experiences increasing difficulty in swallowing.
- Pain in the oesophagus.
- Sudden depletion of weight.
- Drinking of liquids leads to choking.

Prognosis

- Not even five per cent victims of cancer of the oesophagus live for a year after the cancer has developed.
- The patient gets some relief if he can give up the use of liquor and tobacco.
- Surgery and radio-therapy are used to alleviate suffering.

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The Stomach — Cancer of

Site and cause

- Specific causes are not known.
- Those who suffer from chronic gastric problems, ulcers or pernicious anaemia are more likely to suffer from cancer of the stomach.
- Smokers are in the high risk group.

Symptoms

- In early stages very few symptoms.
- Later symptoms — slow but steady loss of weight.
- Loss of appetite.
- Pain in the upper abdomen.
- Vomiting of blood.
- Blood in stool.
- Anaemia.

Prognosis

- The survival rate is very poor. But homoeopathic medicines would relieve suffering.
- A change in dietary habits can keep the cancer of the stomach away. Those taking polished food, a diet low in fibre and rich in synthetic foods, must reverse the content of their food. Intake of fresh fruit, vegetables and an increase of foods with high fibre content is advisable.

The Liver — Cancer of

Site and cause

- A patient who has cirrhosis of the liver may develop cancer of the liver.
- Liver cancers are often secondaries, spreading from cancer at another site in the body.

Symptoms

- No early symptoms.
- The later symptoms are misleading.
- Nausea, vomiting.
- Stomach upset.
- Constipation.
- Rapid loss of weight
- Pain in the abdomen.
- Distension in the abdomen.
- Jaundice.

Prognosis

- The survival rate is almost nil because early detection is virtually impossible.
- Those who drink beyond reasonable limits, suffer from cirrhosis of the liver and liver cancer more than the others. Hence, liquor intake should normally be limited to moderate quantities. Nothing like abstinence.

The Pancreas — Cancer of

Site and cause

- On glands situated near the stomach which secrete insulin and digestive fluids.
- Unknown causes.

Symptoms

- Debility.
- Weight loss.
- Jaundiced skin.
- Pain in abdomen.
- Dark-coloured urine.
- Dyspepsia. Constipation.

Prognosis

- Almost always fatal.

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The Colon, The Bowel And The Rectum — Cancer of

Site and cause

- Specific causes unknown.
- Statistically more persons who take a low fibre diet, rich in carbohydrates and fats, or polished and refined food suffer from cancer of the colon and rectum than those who take a diet rich in vegetables and fruit, a diet with a high content of fibre and foods which are made from unpolished or whole grain.

Symptoms

- A persistent change in bowel habits,whether accompanied by a flow of dark red blood from rectum or not.
- Frequent cramping pain in the abdomen and intestines.
- Constipation or persistent diarrhoea.
- Anal spasms which are painful.
- The patient feels generally ill.
- Anaemia without specific cause.
- Loss of weight.
- Loss of appetite.

Prognosis

- An early diagnosis and treatment gives a good rate of cure and survival. More than fifty per cent of the patients live a long life if treatment is given in the very early stages.
- Cancer of the colon and rectum comes after the onset of middle age. Surgery may be necessary in quite a few cases.
- A change in diet-content on a long-term basis can be of great help in preventing cancer of the bowel. Diet rich in fibre, in unpolished food, in fruit and vegetables is highly recommended.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancerous growth in rectum with pain after motions. The patient has constipation.	ALUMINA 200
● Cancer of the oesophagus.	ARSENIC ALB 200
○ Cancer of the stomach.	
○ Oesophagus feels choked, blocked. Everything swallowed seems to lodge in it. Nothing seems to pass.	
○ Gnawing, burning pain in the abdomen. Feels as if coals on fire inside.	
○ Abdomen swollen and painful.	
○ Hates the sight and smell of food.	
○ Burning heat and dryness of the skin.	
○ Unquenchable thirst.	
○ Restlessness and anguish.	
○ Nightly aggravation.	
○ Maintains the system regardless of location which is under the stress of malignancy.	
● As a general medicine in cancer of the bowel, particularly when there is burning and flatulence in the upper part of the stomach.	CARBO VEG 200 To be used continuously,4 times a day, over months.
● Rectal cancer resulting in profuse diarrhoea.	CARDUUS MARIANUS Mother tincture 10 drops 4 times a day.
● Cancer of liver. Obstinate hepatic engorgement.	CHOLESTERINUM 30
● Pain in cancer of stomach.	CONDURANGO 30
○ Vomit of food.	
● Cancer of the stomach with vomiting of bloody, slimy mucus. Black or coffee-coloured vomit.	CROTALUS H 200
○ Trembling, fluttering feeling below the epigastrium, the part of the abdomen lying over the stomach.	
○ A sinking feeling in the stomach.	
○ Worse lying on the right side; in spring; at the onset of warm weather; in open air.	

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancer of the stomach. Burning pain, thirst. Inability to retain food. ○ Vomits blood and slime. ○ Palliative in painful cancer of the rectum.	NITRIC ACID 200
● Cancer of intestinal tract. ○ Stomach cancer. ○ A palliative.	ORNITHOGALUM mother tincture. One drop to be given in a teaspoonful of water. The second dose should be repeated only after 48 hours if a reaction does not occur. The patient starts vomiting a black jelly-like substance on the first dose but he gets relief.
● Cancer of the stomach. ○ Sharp cutting pain. Ulceration has set in. Coffee-coloured vomit. ○ A very weak, empty, gone sensation in the whole of the abdominal cavity.	PHOSPHORUS 10000 Once a week.
● Carcinoma affecting lower bowel and rectum. Prolapse of anus every time the bowels move, particularly after confinement. ○ Tearing, stitching pain in rectum.	RUTA 200

Kidney — Cancer of

Site and cause

○ The specific cause of the cancer of the kidney is not known. Some researchers have linked it to stones in the kidney.

○ Cancer of the kidney affects more men than women and that too after the onset of middle age.

Symptoms

○ Pain while passing urine.

○ Pain in the back or sides.

○ Blood is passed in urine.

Prognosis

○ Once the cancer has spread beyond kidneys to lymph nodes the chances of recovery are not very high. Even when there has been no spread outside the kidney, the survival rate is hardly fifty per cent and that too after prolonged treatment. All in all, it is a very difficult situation.

Bladder — Cancer of

Site and cause

○ The site is the inner lining of the bladder.

○ The cause is unknown. But smokers and workers in dyes and chemical factories are more prone.

Symptoms

○ Deep red or brown colour in urine.

○ Increased frequency of urination.

○ Discomfort while passing urine.

Prognosis

○ Good chances of recovery if cancer has not spread to lymph nodes.

○ Generally old people only are affected by cancer of the bladder.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancer of the bladder.	TARAXACUM 30

Breast — Cancer of

Site and cause

○ Cancer in the breast may develop as a hard lump.

○ Cancer of the breast spreads to the lymph glands in the armpits and then throughout the body.

○ No specific cause is known. Women who have had children are more prone to develop breast cancer than those who have not.

○ Around menopause, women run a greater risk of developing breast cancer.

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Symptoms

- A hard lump forms.
- Abnormal change in colour.
- The nipple retracts.
- Discharge from the nipples.
- Skin ulcerates.

Prognosis

- The rate of cure is more than 80% if the cancer is detected early. Even then, the incidence of this cancer is so high that a lot of women die of breast cancer all over the world. An early diagnosis requires regular check-up. No woman should avoid this. Fortunately, most lumps in the breast are not cancerous.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancer of mammae.	ARSENIC ALB 200
○ Restlessness.	
○ Burning severe.	
○ Palliative.	
● Cancer in mammae in ulcerative stage. Acute lancinating pain.	ASTERIAS RUBENS 30
○ Armpit glands swollen, hard and knotted.	
○ Worse on the left side. Left breast feel as if pulled inward.	
● Carcinoma of mammary glands. Great pain and induration.	CARCINOSIN 200
● Painful tumour of mammae. Indicated in women with very large breasts.	CHIMAPHILLA 30
○ Sharp pains through the tumour.	
● Cancer of the breast.	CONIUM 1000 Once a day.
○ Strong, hard tumours.	
● Cancer of breast. Breast hard, painful and purple.	PHYTOLACCA 30 Mother tincture for local application. Gives great relief.
○ Glands in armpits enlarged.	
○ Hard, irregular tumour with retracted nipples.	

Uterus — Cancer of

Site and cause

- Cause not known.
- Women between 40 and 70 sometimes suffer from uterine cancer. This is different from cancer of the cervix and is more common after menopause.
- Women who have not borne children, whose menstruation cycles have been irregular, whose climacteric comes late run a greater risk of uterine cancer than others. So do diabetics and patients of high blood pressure.

Symptoms

- Bleeding from vagina after coitus.
- Unusually heavy periods.
- Bleeding between periods.
- In women who have entered menopause, any bleeding from the vagina can be a symptom of cancer of the uterus. It may be accompanied by cramping pain in the abdomen.

Prognosis

- The survival rate is as high as 80% if the treatment is taken in the earlier stages. The rate of cure comes down if uterine cancer spreads to areas surrounding the uterus.

Cervix — Cancer of

Site and cause

- Cancer of the cervix or the neck of the uterus takes the form of a malignant growth.
- Specific causes are not known but physically promiscuous women who start rather early in life, say before 18, are more prone to cervical cancer. Here too the risk is greater if no condoms are used during intercourse.
- Women who conceive frequently have a greater chance of developing cervical cancer than those who have fewer pregnancies.

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Symptoms

- Haemorrhage from vagina after sexual intercourse.
- Pain during intercourse.
- Flow of blood between periods.
- Copious flow of menstrual blood.
- Post-menopausal bleeding.
- Any unusual bleeding from vagina requires careful investigation.

Prognosis

- The chances of cure are excellent if the coming cancer is diagnosed early and treated immediately. This is possible with a cervical smear test years before the cancer has developed.
- The chances of cure grow dim after the cancer has developed and according to the largeness of the area covered.
- A cervical cancer may spread to the bladder, the urethra or even the rectum. The chances for survival diminish with these symptoms.

Ovary — Cancer of

Site and cause

- Ovarian cancer.
- Develops from unknown causes.

Symptoms

- No symptoms till cancer has advanced substantially.
- Pain low in the back.
- Unusual vaginal haemorrhage.
- Swelling in the abdomen with pain.
- Growth which can be felt in pelvis.

Prognosis

- Not good if cancer has advanced and spread outside ovaries. Even otherwise, the cure is only temporary.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancer of the uterus with inflammation of ovaries. ○ Eruptions and itching on the vulva. ○ Irregular menstruation. ○ Heightened sexual desire.	AURUM ARSENIC 200
● Cancer of uterus. Palliative.	CALTHA PALUSTRIS Mother tincture. 10 drops, 4 times a day.
● Cancer of uterus with burning pain down thighs. Lancinating pain.	CARBO ANIMALIS 30
● Cancer of uterus. Offensive discharge. Haemorrhage and pain.	CARCINIOSIN 200
● Cancer of the womb with severe pain from hip to knees; worse on the right side. ○ Pain in the legs.	KALI CARB 30
● Womb is packed with fibroid tumours. ○ Hot burning feet. ○ At times immense shivering all over.	KALI IOD 30 To be given if Pulsatilla fails.
● Cancer of the uterus, especially of the cervix. ○ Oozing of blood; terrible odour.	KREOSOTE 30
● Of left ovary which is swollen, hard and painful.	LACHESIS 200
● Uterine carcinoma. Fibroid tumours, intense burning pain with profuse haemorrhage.	LAPIS ALBUS 30
● Fibroid tumours of the uterus.	PULSATILLA 1000 To be repeated every week.

Prostate — Cancer of

Site and cause

- The prostate gland in males is frequently a site for cancer. Causes are unknown.
- Develops mostly in old age.

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Symptoms

- Almost no symptoms in early stages.
- Difficulty in passing urine.
- Increased frequency of urination.
- Blood in urine.
- Pain in the back.

Prognosis

- Early detection and treatment can be very helpful in curing or controlling cancer in the prostate. The prognosis is good.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Cancer of the male genitals. ○ The patient is restless on account of pain. ○ Thirst for small quantities of water at frequent intervals.	ARSENIC ALB 1000 3 times daily till improvement starts. Then once a day.
● Cancer of the male genitals.	CONIUM 1000. Once a day.
○ Cancer of the penis or of the testes.	
● Cancer of prostate with haematuria.	CROTALUS H 200

Skin — Cancer of

Site and cause

- An existing mole or pigmented spot on the skin may become cancerous. It is called malignant melanoma.
- No specific cause is known.
- Excessive exposure to sunlight is considered to be one of the likely causes.
- Another type of skin cancer may be a painless lump which ulcerates. It may be caused by long exposure to sunlight, radiation or certain chemicals over years. It comes on the face, the neck, the head, the ears, the hands etc.
- Rodent ulcer tumours may grow on the face, the eyelids, the neck, the nose or the ears. Fair-skinned persons exposed to sunlight are affected more than others.

Symptoms

- Sudden increase in the size of an existing mole.
- Darkening of colour.
- Inflammation.
- Ulceration.
- Bleeding from the mole.
- Pain.
- Tingling sensation.
- Warts on face, hands, ears, lips, head, neck or other parts of old persons enlarge and ulcerate.
- Firstly a round pimple forms which later changes into a shiny nodule.
- The nodule ulcerates.

Prognosis

- An early detection can lead to a cure in more than 70% cases. If the cancer spreads, particularly to the lymph nodes, the survival rate comes down.
- Malignant melanoma spreads rapidly and can lead to death. Immediate attention must, therefore, be paid to any change in the shape and structure of a mole.
- With early treatment, chances of cure are very good.
- Rodent ulcer does not spread to other parts of the body.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Malignant ulcers. ○ Terrible burning.	ANTHRACINUM 30
● Old cancerous ulceration. Induration in ulcers. ○ A palliative.	CALCAREA CARB 30
● Painful cancer of the skin. Ulcerative stage. Fissures formed. Cracks in the corner of the mouth.	CONDURANGO 30

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Blood — Cancer of (Leukemia)

Site and cause

- Normal white blood cells which provide immunity in many a disease, red corpuscles which transport oxygen to organs and tissues in the human body and platelets which help in the coagulation of blood in haemorrhage are vital parts of the blood. Leukemia is the production of abnormal white blood cells which overpower all the three parts of the blood.
- Leukemia is of many types.
- A high dose of radiation can be a cause.

Symptoms

- Anaemia. Pale complexion.
- Loss of weight.
- Debility. The patient tires easily.
- Easy bleeding.
- Susceptibility to infection.
- Swelling of spleen, liver and lymph nodes.
- Persistent low fever.

Prognosis

- Prognosis varies according to the type of leukemia.
- Chances of survival are not bright in the long run.

Bone Marrow — Cancer of

Site and cause

- No specific cause is known.
- Atomic radiation, X-rays are suspected to be some of the causes.

Symptoms

- Continuous and sharp pain in the bone.
- Loss of consciousness on account of acute pain.
- Rapid loss of weight.
- Bones break on their own in different parts of the body.

Prognosis

- Not many patients survive.

Nature, in the production of disease, is uniform and consistent, so much so, that for the same disease in different persons the symptoms are for the most part the same; and the selfsame phenomena that you would observe in the sickness of Socrates you would observe in the sickness of a simpleton.

Thomas Sydenham

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COLLAPSE

MEDICINE	CAMPHOR	VERATRUM ALB	CARBO VEG	CUPRUM MET
CAUSE	○ Collapse for any reason except death. The first remedy.	○ Collapse due to cholera, due to diarrhoea, due to surgical shock.	○ Collapse due to an unending cycle of sickness. Collapse in cholera, in typhoid.	○ Epileptic collapse with jerking and twitching of muscles.
PHYSICAL MANIFESTATION	○ Extreme coldness of external surfaces. ○ Tongue and mouth cold.	○ Cold perspiration on the forehead, whatever be the complaint. ○ Face very pale, blue, cold.	○ Copious cold sweat, cold breath, cold tongue; yet wants to be fanned. Last stage of a disease. Voice lost. Looks like a cadaver. Body blue and icy cold.	○ Face pale, bluish, lips blue. Contraction of jaws with foam at mouth.
GASTRIC SYMPTOMS	○ There may be no diarrhoea. ○ Cholera.	○ Severe diarrhoea with non-stop retching. Diarrhoea with stool like rice water.	○ Diarrhoea as in cholera or in typhoid.	
UNUSUAL OCCURENCES	○ Emergency heart situation. Excellent first aid for stimulation of heart. ○ Cramps in calves in cholera.	○ Cramps in extremities.	○ Imperceptible pulse. Oppressed and difficult respiration. Insufficient supply of oxygen to the body for whatever reason. Cries for air; to be fanned hard.	○ Eyes fixed, sunken, glistening, turning upwards. Cramps in calves and soles.
EFFECT ON CONSCIOUSNESS	○ Unconscious.	○ Cold as death. At times may be unconscious.	○ Almost lifeless although the head is hot.	○ Unconscious.

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Fatigue/Debility

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Produces general mental exhilaration and buoyancy. All blues dissipated.	ALFA ALFA Mother tincture 10 drops 4 times a day for months.
○ Digestion improves. Body puts on fat; gains weight.	
○ Improves mental and physical vigour.	
○ Increases quantity and improves quality of milk in nursing mothers.	
● Physical or mental exhaustion.	ARNICA 200
○ Chronic vertigo. Objects whirl about while walking.	
○ Tired. Overworked. Sleepless when tired.	
○ Bruised, sore feeling in eyes after close work. Tired and weary after sight-seeing, seeing movies, etc.	
○ Fatigue due to heavy exercise.	
○ Body feels sore, bruised. Muscles sore.	
● Jaded state, mental or physical, due to overwork.	CALC CARB 30
○ Increased local and general perspiration.	
● Fatigue even from a short walk.	CARBO VEG 200 4 times a day for 2 months. Later Carbo Veg 1000 once a day for 2 months.
○ Fatigue due to indigestion, due to imperfect oxygenation. Body cold and blue. Face swollen.	
○ Debility after any acute disease like influenza, diarrhoea, etc.	
○ Fatigue, debility from nursing.	
○ Debility due to unceasing cycle of sickness.	
● Debility, fatigue caused by excessive loss of blood, mucus, or any fluid from the body.	CHINA 200
○ Loss of fluids in nursing, in salivation; long-continuing diarrhoea; copious pus formation; flow of mucus in a cold, in influenza; haemorrhage from wounds, lungs,nose, bowels, etc.	
○ Faintness; loss of vision; ringing in ears.	
○ Overall weakness of body.	
○ Marvellous 'Pick-me-up'.	
● Weakness, emaciation. Nervous prostration.	NAT MUR 200
○ Throbbing headache.	
○ Exhaustion on physical exertion.	
○ Body sore when climbing stairs.	
○ Palms hot and perspiring.	
○ Numbness and tingling in fingers, legs, lower extremities.	
● Debility due to overuse of drugs, medicines.	NUX VOM 200
○ Hangover due to excessive drinking and late nights.	
○ Feels tired as soon as wakes up.	
○ Always out of tune with the world.	
● Nervous exhaustion. Mental debility first, later physical.	PHOSPHORIC ACID 30
○ Young persons overtaxed mentally and physically.	
○ Ravages of acute disease, of excessive grief, of loss of vital fluids.	
○ Hair grey early in life. Hair fall out.	
○ Blue rings around eyes.	
○ Debility and pain in joints, bones.	
● Fatigued eyes after close work like sewing, reading, type-setting.	RUTA 200

"To be weak is miserable,
Doing or suffering."
John Milton

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INJURIES
BRUISES
CUTS
WOUNDS
HAEMORRHAGE FROM INJURIES
FRACTURES
SURGERY
SURGICAL SHOCK
INSECT BITES
SPRAINS
STRAINS

People are getting injured all the time. Young children hurt themselves day in and day out. Sportsmen suffer injuries on the playfield. Workers in factories and on construction sites are prone to accidents. Motor-cycle and scooter drivers suffer concussions on the head. Even a child being born suffers injury during birth and so does its mother.

An injury may bleed or may not. But invariably there is pain, hurt and discomfort. Bleeding which cannot be controlled can lead to death. So an injury has to be taken care of without any loss of time.

An injury can be the result of a blow by or against a hard object, of a metallic or other sharp object hitting the skin or tearing it, a hammer crushing a finger or a fingertip being crushed in a door.

An injury can also result from a fall. The part of the body which has borne the impact may swell and be painful.

Cuts can be caused by sharp instruments, deliberately or otherwise. Even a surgeon's cuts fall under the same category. Wounds are caused by injuries or cuts. Open wounds if not taken care of, can develop pus, inflammation resulting in fever. The consequent complications are serious.

Insect bites are ultimately injuries which go deep into the skin. The blood-stream gets poisoned.

Infection from the punctured wounds, caused whether on account of insect bites or by a metallic object piercing the skin, on entering the blood-stream, can cause tetanus which,if not taken care of in time, can be fatal.

Haemorrhage from injuries must be attended to immediately. Minor bleeding cuts can be taken care of with first aid kits or the medicines given below. Major haemorrhage requires immediate expert medical help.

Injuries can result in fractures of bones. If a fracture is suspected, the patient must not be moved without expert medical advice.

Lifting weights clumsily or strenuous but complicated exercise can strain one or more muscles. A strain is quite painful. So is a sprain when the ankle, wrist or any other part of the body at the joint is overstrained or wrenched so as to injure without fracture or dislocation.

Homoeopathy provides excellent medicines for all the situations discussed above. The first of such medicines is Arnica. No home, no office, no factory should be without a supply of Arnica in 200 and 1000 potencies. A dose of Arnica should be administered to a patient as early as possible after he has been injured. Any other selected medicine can follow. Arnica would also help in slowing down the haemorrhage, if any.

Calendula mother tincture or ointment is to be used for the dressing of bleeding injuries. If the bleeding is copious and uncontrollable, medical assistance should be availed of without delay.

In cases where tetanus is feared, a dose of Ledum should be given immediately. If tetanus has already settled,Hypericum is needed.

In punctured wounds, Ledum should be followed by Hypericum.

In injuries to nerves, Hypericum would be the first remedy.

A dose of Arnica 1000 should be given 30 minutes before a surgical operation or a tooth extraction is to start or after labour pains have started. The newborn baby should be given a dose of Arnica 30, twice a day,because the infant has also undergone a lot of injury while being born.

Surgical shock requires either Carbo Veg or Veratrum Alb. Strains of muscles need Rhus Tox.

The minimum first aid kit for injuries should include Arnica 1000, Calendula mother tincture, Ledum 200, Hypericum 200 and Ruta 200.

Excessive flow of blood on account of any injury or of a surgical operation can lead to extreme debility because vital fluids are lost from the body. Debility can cause dizziness while walking, intense throbbing of the head and the carotids, a flushed face, blue colour around the eyes, hollow eyes and ringing in the ears. China 200, given regularly, goes a long way to restore the balance.

The arrangement of medicines below is not alphabetical. It is more in the order of their importance in the treatment of injuries, etc.

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Bruised, sore feeling all over. Everything on which the patient lies feels hard. Continuous change in position gives relief. ○ Bruised skin turns black and blue. Acute stage quickly relieved by Arnica. Cure in the long run. ○ Black eye. ○ Concussion, shock. Traumatic injuries. ○ Trauma of the infant in childbirth. Give a dose of 30 potency. ○ Haemorrhage in injuries. ○ Prophylactic for pain and sepsis in surgery, tooth extraction, injuries, in childbirth. Administer a dose of 1000 potency before any surgery. ○ Acts upon capillaries causing their relaxation. ○ Not sufficien for strains of muscles and tendons.	ARNICA 200, 1000. First medicine in any injury, acute or chronic. Recent or remote. Physical or mental.
● Bruises. ○ In cuts with laceration. Razor cuts. ○ In cuts with knives and other sharp instruments. ○ Open injuries. ○ Reduces pus formation and helps in quick healing of the wound. Keeps the wound odourless. ○ Takes away local pain and suffering.	CALENDULA mother tincture or ointment. Main remedy for external application in bruises.
● Tetanus. ○ Punctured wounds which bleed scantily but are followed by pain, puffiness and coldness of the part of the body. The wound may be the result of a nail which pierces the sole of the foot, or the heel. It may be caused by splinters piercing the palm. ○ Insect bites. ○ For black eye from blow or contusion. More effective than Arnica. ○ Ledum prevents shooting pain when nerves have been injured in the type of injuries which respond to Hypericum at a later stage.	LEDUM 200. Antitetanus. First medicine to be administered if the cause of injury is a metal or if tetanus is feared for any other reason.

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
○ Wounds with pus require Ledum without delay. ○ In injuries where Arnica has not completed the cure, Ledum comes in to finish the process and heal.	
● Punctured wounds from nails, splinters, pins, dog bites and even rat bites. ○ In punctured wounds, after Ledum has been administered and when pain shoots up the nerves from the wound. ○ Fear of tetanus. When tetanus develops this is the remedy. ○ Injuries to nerves, especially to fingers, toes and nails. Crushed fingertips. Torn nails. ○ Internal injury. Stinging,tearing pain. ○ Old scars injured by a hard blow. ○ Injuries of spine, of the coccyx sustained during labour pains or in a fall. ○ Damage to fibres of the spinal cord. ○ SUPERSEDES THE USE OF MORPHIA AFTER SURGERY.	HYPERICUM 200
● Wounds which do not heal.	NIT ACID 200
● For bruises of the bone, cartilages, tendons, periosteum, bruises about the ear and about joints, Ruta is better than any other medicine. ○ In sprains Ruta to follow Arnica. ○ Eyes strained from close study, sewing, respond to Ruta more than to any other medicine. Eyes feel weary, ache as if strained, or burn like balls of fire. ○ Extreme restlessness. Cannot keep still. ○ Useful in old neuralgia with stinging, tearing, burning pain, especially about the eyes; in facial pain and in the lower extremities. ○ Painful wrist. ○ All parts of the body on which the patient lies are painful as if bruised.	RUTA 200

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DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● Strains of muscles and tendons where Arnica has proved insufficient in cases of injury. ○ Extreme restlessness. The patient cannot keep still. The longer he lies, the more restless he grows. ○ In tearing in muscles and joints follow Rhus with Calcarea Carb 30.	RHUS TOX 200
● Stiffness with pain, anywhere. ○ Muscular pains, aggravated by motion. ○ Stitching, tearing pain. ○ Joints red, swollen, hot. Stitching pain. ○ Knee stiff and painful. ○ Better at rest. ○ Worse on motion.	BRYONIA 200
● Soreness as if bruised to a marked degree; even in rheumatic cases. ○ Severe haemorrhage; bleeding of very dark, clotted and venous blood, from the nose, lungs, bowels, bladder or urethra. Haemorrhage in eyeball. ○ Open,painful wounds. ○ Weakness from loss of blood. ○ Acts more upon the veins which are full, enlarged and sore. (Arnica acts more upon the capillaries, causing their relaxation).	HAMAMELIS 200 Mother tincture on local application gives excellent results.
● In injuries to tendons and muscles, after Rhus Tox has done its job, some weakness may persist. This is taken care of by Calcarea Carb. ○ Old sprains.	CALCAREA CARB 30
● Surgical cuts. ○ Clear-cut wound as if made with a sharp instrument. Burning and stinging pain. ○ All the limbs are sore as if bruised and as if there was no strength in them.	STAPHYSAGRIA 200

DISTINGUISHING SYMPTOMS	MEDICINE AND POTENCY
● After a surgical operation, where there has been much cutting, a state of debility may follow. The patient is cold; his breath is cold; blood is oozing. ○ Shock after surgical operations.	STRONTIA 30
● Surgical shock. After surgery the patient goes into a collapse. Death feared. Inflammation yet to set in. Heart weak. Face blue. Skin blue.	CARBO VEG 200, 1000
● Surgical shock. Skin blue. Face pale. Total prostration. Cold sweat. Cramps.	VERATRUM ALB 200, 1000
● Injuries to bones. ○ Promotes repairs or reunion of broken bones.	CALCAREA PHOS 30
● Neuralgic pain following amputation or injuries to nerves. Pain like a fine thread cutting into the body. ○ Traumatic chronic neuritis.	ALLIUM CEPA 200
● Insect bites. ○ Swelling with stinging, burning, sharp, quick pain. ○ Better by cold application.	APIS 200
● Cuts, wounds, bruises. Do not heal easily. ○ Pus formed. ○ Formation of yellow crust from pus.	CALCAREA SULPH 30
● Weakness from exhausting discharge of blood or mucus. ○ Despondent. ○ Headache as if the skull would burst. Intense throbbing of carotids. ○ Dizziness. ○ Hollow eyes. ○ Ringing in ears.	CHINA 200
● Bleeding from internal haemorrhage.	MILLEFOLIUM 200 Repeat every half an hour till the haemorrhage has been controlled.

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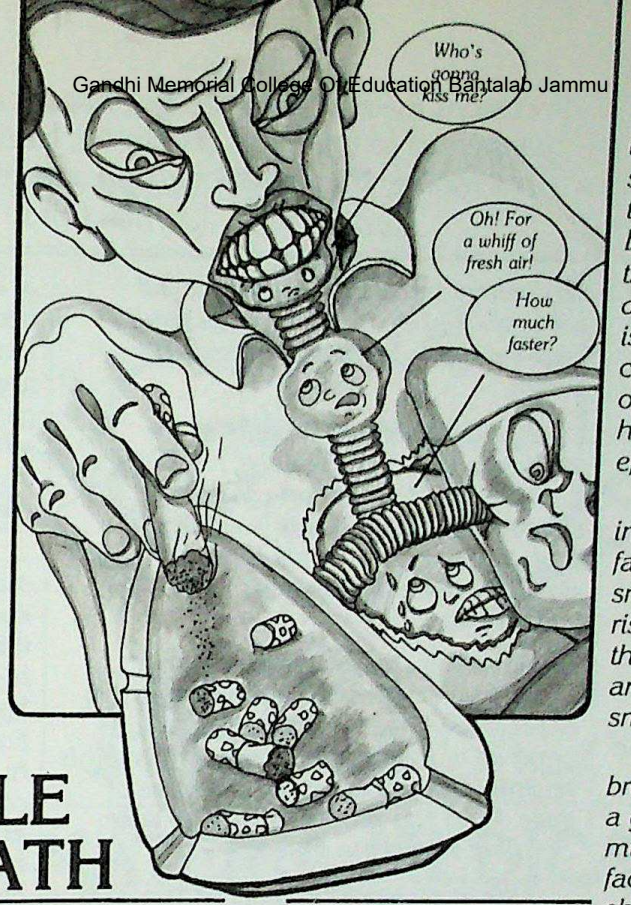

SMOKING – A PREVENTABLE CAUSE OF DEATH

If there is one activity which human beings have indulged in since time immemorial and which has absolutely no beneficial effect on the human mind and body, it is smoking. Sustained scientific investigation has proved that smoking is injurious to the health. According to the U.S. Health Authorities smoking is "the largest preventable cause of death in America". Millions of deaths are caused every year around the world by the smoking of cigarettes, pipes and cigars. Smoking causes coronary heart disease, lung cancer and skin cancer.

Imagine the inside of a chimney or of an Indian tandoor. It is covered with black soot. Likewise, our respiratory system including the most vital lungs are coated internally with unwelcome soot from cigarette smoke. The lung alveoli where the gaseous exchange takes place and the air ways for the respiratory system are not designed for this sort of over-wrap. Thus smoking reduces the intake of clean air into the respiratory system. The quantity of oxygen which ought to go into the blood-stream is reduced and this produces an adverse effect on the brain as well as the heart.

Nicotine, a highly toxic alkaloid, which is a by-product of tobacco, puts a strain on the heart because it increases the rate of the heart-beat. Thus smoking becomes a major and sure risk-factor in the development of coronary heart disease. An average 20 years of life-span is lost to a male smoker who dies of coronary heart disease. Almost a quarter of the deaths on account of coronary heart disease can be traced to the ill-effects of smoking.

Scientific evidence has piled up to indicate that deaths due to sudden heart failure are more than three times higher in smokers than in non-smokers. The risk-factor increases in direct proportion to the number of cigarettes smoked in a day and the duration for which the activity of smoking continues.

The same is true of lung cancer and bronchitis. Here too, a heavy smoker runs a greater risk than others who smoke much less. But everyone in this category faces the possibility of developing serious chronic bronchitis or lung cancer. Most of the deaths from these two diseases are caused by cigarette smoking. There is clear evidence available to show that the damage to the lungs can be reversed to a great extent if the smoker gives up smoking totally. The affected parts of the lungs may heal on their own in due course.

Those who smoke pipes and cigars run the risk of developing lip and mouth cancer.

Thus no smoker is ever safe. Even moderate smoking cannot, therefore, be

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recommended. The unborn child of a mother who is a smoker, too, runs a risk. The baby may die during the first few days after birth. If the child survives, it would be physically smaller and its height would be less than that of the children of mothers who have not been smoking.

It is a mirage which a smoker tries to chase. He thinks that he is relaxing, stimulating his thinking and is able to overcome exhaustion and fatigue by lighting a cigarette and smoking it. But most of these presumptions are scientifically unprovable. Relaxation, if any, is achieved at a prohibitive cost to health and life-expectancy.

Smoking is, by and large, an acquired habit. People start smoking because they think it is fashionable to do so or because their friends and companions are able to persuade them to start smoking. Some smokers feel that they look more attractive to the opposite sex when they are smoking. Others hold that a social gathering becomes more intimate if people are smoking. In reality, all this is a product of the smoker's imagination. Because he wants to justify his habit, he invents enough reasons for it.

The social impact of smoking is no less evil than its effect on the heart and the lungs. A smoker makes the lives of others who are non-smokers and who happen to be, perforce, in his company, as in a railway compartment, an aeroplane seat, in a toilet or in a seminar, miserable. These unwilling victims of his exhalations

"A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fume thereof nearest resembling the horrible stygian smoke of the pit that is bottomless."
James I of England

can neither throw him out nor avoid being choked by the poisonous fumes from the lighted cigarette or from his breath.

By way of personal hygiene, the smoker is at a disadvantage. His fingers turn yellow. His teeth and gums are stained. No mouth wash is enough to freshen his mouth. In his heart of hearts, no non-smoker wants to sit by the side of a smoker.

A smoker soon loses his sense of smell. He just does not realise the extent of his loss. A stage comes when a bouquet of flowers sends no signals to his nostrils. The smoker loses his sense of taste. Food has aroma as well as taste. Both are lost to the smoker.

Giving up smoking for a person who has been used to it is not easy. Yet looking to the damage that smoking causes to the human body, every smoker must make a conscious and strong effort to give up smoking. He has to exercise tremendous will-power after understanding the adverse effects of smoking on his health, on his happiness and on the happiness of his near and dear ones. The health problems caused by smoking are going to aggravate with the passage of time and a smoker's old age is bound to be far more uncomfortable and inconvenient than that of a non-smoker, if at all the smoker lives that long. The decision to give up smoking has to be made knowing fully well the difficulty in implementing it. Further it is either a total giving up or none at all because those who try to reduce the number of cigarettes they smoke per day gradually tend to come back to the old number.

The cigarette manufacturers try to make their product attractive with eye-catching packaging. They try to relate it to smart men and women leading the high life and relaxing with a cigarette lighted in style and held between two fingers. This is a fraud on the health of human beings. The relaxation which comes from smoking a cigarette is very expensive in terms of living years. A human being can relax better by just closing his eyes and sitting quietly in a suburban train or in a chauffeur-driven car or even in his office chair. Relaxation is a result of conscious mental effort. We can train ourselves to relax in so many different ways, by listening to music, by taking a morning or an evening walk, by reading an absorbing thriller, by looking at beautiful flowers or at a painting done by a master. Actually, a large number of relaxation techniques are available without cost, to every human being. We need not smoke expensive cigarettes to relax, cigarettes which punch holes into our pockets as well as in our lungs.

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PART - C

MATERIA MEDICA

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MATERIA MEDICA

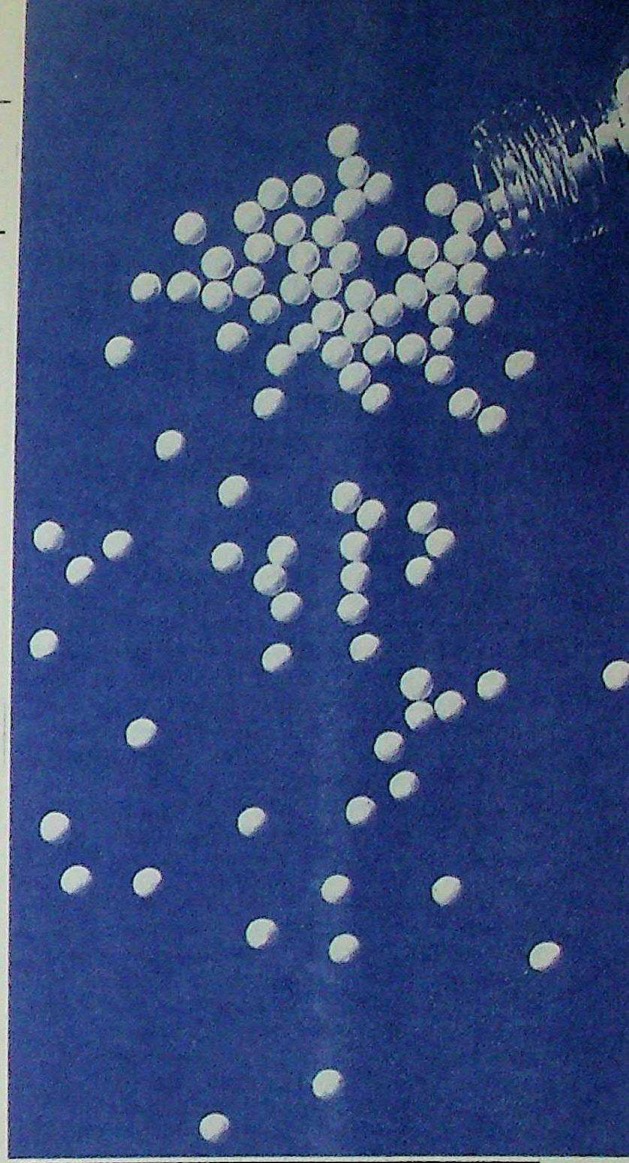
The homoeopathic materia medica consists of around 1000 drugs, the characteristics of which have been verified or 'proved'. Homoeopathy is unique in that it uses no drug which has not been 'proved'. The proving has been done by administering pure medicines to healthy volunteers and recording in minute detail the effects, mostly adverse, produced by such administration. The tests were conducted on men and women who were mostly medical people and students who were not sick. The drugs were administered in doses consisting of crude drugs or homoeopathic potencies. These volunteers were then asked to describe the effects of the drugs in their own words. These descriptions were scrutinized by the doctors conducting the experiments and were carefully recorded. Hundreds of thousands of such symptoms were recorded while proving the homoeopathic drugs and the materia medica forms a record of the best provings alongwith other data collected as a result of laboratory tests and experiments.

It is not our purpose to furnish details of all the proven drugs in this book. We have carefully selected only 83 such drugs as, in our considered view, are more often used. This selected materia medica, however, is not intended to be a substitute for larger volumes on the same subject which cover hundreds of drugs in detail. The section on 'Selection of Remedy' in this book is not limited to the use of drugs discussed in the following chapters.

In Paragraph 25 of the 'ORGANON OF MEDICINE', the epochmaking and prophetic treatise on homoeopathy, Dr. Samuel Hahnemann the founder of the system, laid down the basis of homoeopathy in the following words: "Now, however, in all careful trials, pure experience, the sole and infallible oracle of the healing art, teaches us that actually that medicine which, in its action on the healthy human body, has demonstrated its power of producing the greatest number of symptoms similar to those observable in the case of disease under treatment, does also, in doses of suitable potency and attenuation, rapidly, radically and permanently remove the totality of the symptoms of this morbid state, that is to say the whole disease present, and change it into health; and that all medicines cure, without exception, those diseases whose symptoms most nearly resemble their own, and leave none of them uncured."

This was the basic principle of homoeopathy. 'Like cures like' or 'Similia Similibus Curentur'. But to apply this in practice, effects of drugs had to be studied in detail. It was a field in which there was more darkness than light when Dr. Hahnemann formulated his theories and conducted experiments to prove their soundness.

The limitations of drugs used in other systems of medicine have been known all along. Even today, despite the considerable progress made in medical science, doctors and pharmacologists depend a good deal on the body to cure itself. No class of drugs, except those that cure infections, can really treat the basic causes or the underlying processes of diseases. They can relieve pain or discomfort; they can limit and prevent the consequences of some diseases; sometimes they even counteract diseases to the extent of establishing near-normalcy in the body. But the fundamental cure, to the extent possible, is effected by the body itself.



"The pure language of nature carefully and honestly interrogated"
Dr. S. Hahnemann. 'Organon', 144

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To find a way out of the difficulties that were being experienced (and that are being experienced even today) regarding the knowledge of the effects of particular drugs on human beings, Dr. Hahnemann started the 'proving' of medicines on healthy persons. He rightly claimed in his footnote to Paragraph 145 of the 'Organon of Medicine' that: "At first, about forty years ago, I was the only person who made the proving of the pure powers of medicines the most important of his occupations. Since then I have been assisted in this by some young men, who instituted experiments on themselves, and whose observations I have critically revised. Following these some genuine work of this kind was done by a few others. But what shall we not be able to effect in the way of curing in the whole extent of the infinitely large domain of disease, when numbers of accurate and trustworthy observers shall have rendered their services in enriching this, the only true materia medica, by careful experiments on themselves! The healing art will then come near the mathematical sciences in certainty."

This was the rock on which the foundation of the homoeopathic materia medica rested. There was absolutely nothing mysterious about it. In Paragraph 143 of the 'Organon of Medicine', Dr. Hahnemann came to the conclusion that, "If we have thus tested on the healthy individual a considerable number of simple medicines and carefully and faithfully registered all the disease elements and symptoms they are capable of developing as artificial disease-producers, then only have we a true materia medica - a collection of real, pure, reliable modes of action of simple medicinal substances, a volume of the book of nature, wherein is recorded a considerable array of the peculiar changes of the health and symptoms ascertained to belong to each of the powerful medicines, as they were revealed to the attention of the observer, in which the likeness of the (homoeopathic) disease elements of many natural diseases to be hereafter cured by them are present, which, in a word, contain artificial morbid states, that furnish for the similar natural morbid states the only true, homoeopathic, that is to say, specific, therapeutic instruments for effecting their certain and permanent cure."

Dr. Hahnemann further went on to say that, "From such a materia medica everything that is conjectural, all that is mere assertion or imaginary should be strictly excluded;

"EVERYTHING SHOULD BE THE PURE LANGUAGE OF NATURE CAREFULLY AND HONESTLY INTERROGATED."

It is a matter of considerable significance that the effects of the drugs in their pure form were studied in human beings and not animals because human beings can describe what happens to them after a drug has been administered while an animal's responses can only be seen or measured or tested in a laboratory. A rat cannot tell us that it has colic and that a particular drug has lessened the severity of its pain. Similarly the effect of a drug on the mind of an animal cannot really be known except by watching its behavioural aberrations. No such limitation binds a human being. Therein lies the superiority of the homoeopathic materia medica.

It is common knowledge today that quite a few drugs used in the allopathic pharmacopeia while helping one function of the body, interfere with another. A very large number of drugs have for this reason to be continuously balanced. Prescriptions of antibiotics are accompanied by prescriptions of multi-vitamin preparations. Corticosteroids used to dilate the bronchial tubes in asthma are prescribed without understanding their action. A prolonged use of these medicines adversely affects the health of the patient and he develops hoarseness and thrush in the mouth. Most drugs prescribed to reduce blood pressure have powerful side effects and the doctors are always struggling to balance the risk in taking these drugs with the risk of raised blood pressure itself.

Barbiturates prescribed over a long period of time to treat insomnia and anxiety are now being avoided because not only does the user develop a dependence on the drugs but also because an overdose can kill. Sleeping pills cause insomnia on the rebound. The resultant drowsiness and adversely affected judgement make for reduced efficiency in driving and work the following day. Some drugs prescribed to stimulate the nervous system and suppress the appetite like those derived from amphetamine have dangerous side effects. Even the common aspirin and its compounds used for reducing or killing pain, irritate the lining of the stomach and at times cause bleeding. And so on.

The homoeopathic materia medica on the other hand, long ago, almost totally reversed the possibility of adverse effects of drugs by potencization, that is, by reducing the quantity of drug used for a cure to levels which cannot be tested even in a laboratory. Dr. Samuel Hahnemann in Paragraph 68 of the 'Organon of Medicine', observed: "In homoeopathic cures experience teaches us that from the uncommonly small doses of medicine required in this method of treatment, which are just sufficient, by the

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similarity of their symptoms, to overpower and remove from the sensation of the life principle the similar natural disease, there certainly remains, after the destruction of the latter, at first a certain amount of medicinal disease alone in the organism, but, on account of the extraordinary minuteness of the dose, it is so transient, so slight, and disappears so rapidly of its own accord, that the vital force has no need to employ, against this small artificial derangement of its health, any more considerable reaction than will suffice to elevate its present state of health upto the healthy point - that is, than will suffice to effect complete recovery, for which, after the extinction of the previous morbid derangement but little effort is required."

This statement was the result of inspiration and of the tireless experiments of Dr. Hahnemann. His first formulation of 'Like cures Like' had a built-in shortcoming. Any drug in pure form created adverse symptoms in a healthy human being. When administered to a sick person, it was bound to create further adverse symptoms and thus aggravate the malady instead of curing it. This is what happens precisely and there is no contradiction anywhere in the situation. But Dr. Hahnemann theorized and then proved through experiments that if a drug could be dynamized, that is, diluted repeatedly in a particular fashion, it would become a remedy for the symptoms it might have generated in its pure form. Its healing powers would overcome the slight traces of adverse effects which it is bound to produce. This theory and practice of dynamization or potencization has stood the test of time and experience.

Potencization served more than one purpose. It reduced the adverse effects of a drug and brought out its inherent healing powers in direct proportion to its dilution. But, in addition, an extraordinary and unexpected result ensued. Potencization brought out inherent but latent powers even of apparently non-medicinal substances. Further, Dr. Hahnemann showed that the homoeopathic method of dynamization produced an alteration in the physical and chemical properties of these substances. What was insoluble in crude form became soluble in both water and alcohol. Dr. Hahnemann said that the medicinal chemical substances which have thus been prepared, are no longer subject to chemical laws. He wrote,

"A dose of phosphorus of the highest potency may remain for years enclosed in its paper in a desk, without losing its medicinal properties, or even changing them to those of phosphoric acid". "A remedy which has been elevated to the highest potency, and by this means has become almost spiritualised, is no longer subject to the laws of neutralisation..."

Potencization thus added to the materia medica drugs like Natrum Mur, Carbo Veg etc., substances which had not earlier been known to possess any healing powers. This was nothing less than revolutionary.

A study of the materia medica thus provides the reader a glimpse into an extremely fascinating part of the spectrum of homoeopathy.

In the orthodox presentation of drugs in a materia medica text-book the effects of a drug on various parts of the human mind and body are arranged in a certain sequence starting with the mind, head, face, eyes and downwards. As this book is not intended for specialists, we have deliberately changed the arrangement in order to emphasize the most important effects of a drug in the very beginning. This has been followed by a discussion of effects of the drug on various parts of the body selectively. The 'mind' symptoms do not necessarily come in the beginning.

Every drug chapter begins with a summary of leading indications for the use of a particular drug. Although these indications cannot be decisive in the choice and prescription of a drug, yet their value for setting the sights cannot be underestimated. For instance, a leading indication for the use of Aconite is fear without basis, fear of death especially in the mind of the patient. Another leading indication is inflammation, fever, cold, etc. resulting from exposure to dry cold winds. A third indication for use of Aconite is acute, sudden and violent onset of a disease. Now if these indications are kept in mind, immediate action can be taken to give a dose of Aconite to a child who comes from the playfield where he might have been exposed to dry cold winds, screaming with pain either in his face or in his ear. In acute and sudden attacks of croup, bronchitis, pneumonia, etc, Aconite is the first medicine to be given because the trouble comes suddenly, becomes severe and is generally violent. An irrational fear is usually present in the mind of the patient. Exposure to dry cold winds is quite often the cause of the sickness.

A distinguishing symptom for the use of Antimony Tart is a rattling sound produced on account of a large accumulation of mucus in the lungs; mucus which cannot be taken out inspite of much effort. This one indication alone can often lead us to the correct use of Antimony Tart. Similarly Apis is the first medicine to be thought of on seeing a swelling anywhere with burning, stinging pain. This swelling can be on account of a dozen different reasons. But the similarity of

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apparent symptoms in the patient with those produced by Apis in 'provings' suggests the choice of Apis as the correct remedy.

Maladies which have a common name may require different drugs when the symptoms are different. Here a careful study of the materia medica is of great help. Chronic cold in which the sense of smell has been lost and in which the mucus has a green colour, requires two different medicines under two different circumstances. If the mucus is tough, ropy, green and goes inwards down the throat, the medicine required is Kali Bichromicum. On the other hand, if the mucus is thick, bland, yellow or green, but is coming out through the nose without much difficulty, the medicine indicated is Pulsatilla. Once this differentiation has been carefully understood, there cannot be a mistake in the choice of the remedy. Undoubtedly there would be other symptoms but the distinguishing symptoms of every drug are unique and there can be no mistaking them.

Let us take a common instance of pain, viz., muscular pain. The two most often indicated remedies are Bryonia and Rhus Tox. But our materia medica clearly lays down the distinction between the two medicines. In the case of Bryonia, the pain is stitching, tearing and always increasing on movement. In the case of Rhus Tox, the pain is tearing asunder, as if of a bruise, but there is only temporary relief on movement. Both Bryonia and Rhus Tox look after stiffness, but in the former case, the discomfort on account of stiffness is increased by movement and relief comes by standing still, while in the latter case, muscular lameness and stiffness is relieved only temporarily on movement. The patient is better from motion, from walking in the Rhus Tox cases, while in the Bryonia cases, he is better at rest and is worse from any motion.

The various chapters of the materia medica require repeated reading. Every fresh reading would give you new insight into the utility of these drugs. By and large, your mind would start reacting fast to the apparent symptoms of a sickness. You would think of Belladonna if you see redness anywhere; on the skin, in the bloodshot eye, in the puffed face or in the swollen throat. On the other hand, purple colour of the skin, whether on the tonsils or on the outside, will remind you of Lachesis because this colour is produced by coagulation of blood below the skin and Lachesis produces this symptom in its provings. Any sickness with urinary problems wherein the pain in the bladder is violent, burning and cutting, would lead you to Cantharis. If the typical urinary symptoms of Cantharis, as enumerated in the third paragraph of the chapter on Cantharis, are present, no matter whatever else is the disease which the patient is suffering from, give him Cantharis and he would obtain relief.

A child patient wants to be carried in arms. He is irascible and snappy. He does not know what he wants. But if you have gone through the chapter on Chamomilla, you would know what your child wants. He wants Chamomilla.

Who does not know the weakness that comes as a result of an excessive discharge from the body? Now this discharge can be on account of nursing in mothers, due to excessive and bleeding leucorrhoea or copious menstruation in women, due to coryza which has been prolonged or because of haemorrhage from wounds, the lungs, the bowels or from the nose. A sudden depletion of the body liquids leads to faintness, loss of sight, ringing in the ears and to an overall weakness in the body. If you have studied the chapter on China in the materia medica, you would decide upon the choice of this remedy without wasting much time because one of the leading indications is debility caused by excessive discharge of vital fluids from any part of the body.

As stated above, the homoeopathic materia medica is the result of a very scientific study of the effects of drugs on healthy human beings. Dr. Burnett,an eminent author, called homoeopathy 'Scientific Medicine'. Dr. M. L. Tyler,a writer on the materia medica, described it as 'Medicine based on ascertained facts and abundantly proved deductions'. According to him, the wider our knowledge and the more conscientiously applied, the better results we get. He went on to say,"But, while considering the cure of curable sickness by the Therapy of Likes, there are incurable cases of diseases, or results of diseases. You cannot put back lung tissue that has ulcerated out, any more than you can readjust an amputated limb, *(This has been achieved now - Authors)* so that it shall survive and function normally. But, for the most incurable cases, the Medicine of Likes still holds good. It may, and does, palliate, and indefinitely prolong life. What is left of the ulcerated lung may heal and suffice to carry on with - even for years. Besides which, who shall dogmatize as to what is incurable? Homoeopathy in the hands of courageous, enthusiastic and imaginative physicians, can narrow down the range of incurability: can even work seeming miracles of healing."

Such seeming miracles of healing are being worked by the use of homoeopathic medicines every day in millions of cases. We would not call them miracles in the sense that a magician claims

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to work miracles or miracles in the supernatural sense. These are miracles in the sense that medicines act according to a predicted mode of action, a mode observed, studied and tabulated after careful, well regulated and scientific trials of drugs on healthy, intelligent and observant human beings. No better proof of this can be seen than in the action of Sulphur which Dr. E.B. Nash, an American authority on the homoeopathic materia medica, has called one of the monuments to the genius of Hahnemann. One of the symptoms of Sulphur is that the subject is generally "Spare, stoop-shouldered, walks or sits bent. The face is often delicate with long thin eyelashes, veins bluish, brilliant eye; red vermillion lips,eyelids, nostrils and meati of ears." Further, "such a subject may have a dirty filthy appearance of the skin, is prone to eruptions; hates bathing, feels generally worse after it - the great unwashed and unwashable."

Now, taken in pure form, Sulphur is an inert powder. But in homoeopathic, potencized doses, the indicated use of Sulphur has changed the mental and physical habits of patients. From dirty and filthy, they have become clean. From hating a bath, they have come to love bathing, swimming and keeping themselves well groomed.

Dr. Hering, a pioneer Homoeopath and an authority on the subject, called the Sulphur patient a 'ragged philosopher' for whom cleanliness is absolutely irrelevant. He wants to cover himself with woolens even in the heat of summer. Use of Sulphur changes all that and the patient's body comes to a normal rhythm of temperature and cleanliness.

According to the homoeopathic materia medica, Veratrum Alb is the medicine in cholera, in stool which is copious, of rice colour, uncontrollable and which is accompanied by non-stop retching. The patient has cold sweat on the face and a cold and blue skin. Administration of one dose of Veratrum Alb 1000 improves such a patient to an extent that his retching is controlled immediately and so is his diarrhoea. He goes to sleep in a short while and wakes up cured.

A thorough study of the materia medica is of great help in the choice of the best homoeopathic remedy for symptoms exhibited in the mind and body of the patient. It cannot be anyone's case that all the symptoms as produced in a healthy human being in provings with a particular drug would be present at the same time in a patient. Dr. Hahnemann was aware of this situation. In paragraph 153 of 'Organon of Medicine', he observed that the "more striking, singular, uncommon and peculiar (characteristic) signs and symptoms of the case of disease are chiefly and most likely to be kept in view." These, in particular, ought to correspond with similar ones in the list of symptoms of the selected medicine. "The more general and undefined symptoms: loss of appetite, headache, debility, restless sleep, discomfort and so forth, demand but little attention" when these are of "vague and indefinite character" and can only be described as symptoms of such a general nature as are observed in almost every disease and for almost every drug.

The 'individuality' of each drug is a revolutionary finding. No two drugs are alike in nature. Most drugs in their pure administration generate symptoms in the human mind and body which are adverse to what is known as sound health. Amongst these symptoms some are very distinguishing, characteristic and stand out as unique. These symptoms act as a lighthouse for the physician in search of a drug in a particular situation. In the chapters which follow, an effort has been made to highlight such symptoms again and again. It may be necessary in a particular situation to first utilize one drug to exhaust and ameliorate most of the symptoms of the patient and then follow it up with another drug to cover the symptoms still not eliminated. It was realised even by Dr. Hahnemann that,

"It is next to impossible that medicine and disease should cover one another symptomatically as exactly as two triangles with equal sides and equal angles."

Once the reader's interest has been generated by a study of the few selected drugs which follow, he would be well rewarded in going over and studying comprehensive materia medica books which cover hundreds of drugs which have been proved in the homoeopathic manner. The titles and names of authors of some such books are available in the bibliography elsewhere in this book.

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Abies Nigra

Leading Indications

1. Dyspeptic troubles of old people.
2. Constriction in oesophagus.
3. Abnormal, rapid heart beat.

Difficulty in swallowing

The best use of Abies Nigra is made in easing constriction of the oesophagus. The patient has a sensation as if a hard-boiled egg is lodged in the cardiac end of the stomach. There is an uncomfortable constriction just above the pit of the stomach. Sensation of a lump that hurts.

Appetite lost

There is no appetite in the morning. The patient craves for food at noon and at night. His breath is offensive. He eructs frequently. There is pain in the stomach always after eating. The patient is constipated.

Cardiac constriction

In the cardiac region, once again, there is a feeling of something blocking the chest. There is constriction of the lungs. The patient loses breath, particularly on lying down. The action of the heart is either heavy and slow or abnormally rapid.

The Abies Nigra patient is not cheerful. His spirits are low. He is dull during the day. He keeps awake at night.

Recommended potency: 200.

THE PATIENT IS

Worse
1. After eating.

Aconitum Napellus

INDISPENSABLE IN NURSERY IN HOUSEHOLDS

Leading Indications

1. Fear, unreasoning.
2. Exposure to dry, cold winds.
3. Acute,sudden,violent onset of disease.
4. Dry heat of skin. Fever.
5. Restlessness.
6. Screaming pain. Stabbing pain.
7. Sickness not borne with calm and patience.
8. Numbness, tingling.

Exposure to dry cold winds.

Acute problems with restlessness

There is no medicine like Aconite Nap when a complaint is caused by exposure to dry cold weather or by fright or both. Aconite should be thought of as the first medicine in inflammation, inflammatory fevers, when an attack is acute, sudden and violent, when there is physical and mental restlessness and if the problem is recent and when all this is on account of exposure to dry cold weather. The parts of the body affected can be larynx, bronchi, lungs, pleura, joints and even heart.

Thus in acute and sudden attacks of croup, bronchitis, pneumonia, pleurisy, rheumatism, tachycardia, use of Aconite Nap would be indicated.

Short-acting remedy

It should be remembered that Aconite Nap is useful in the acute, first stage of congestion and inflammation. It is a short-acting remedy but does its job most effectively.

Fear of death. Intolerable neuralgic pain

With inflammation, there is fever and fear. It is fear of death especially, but can also be fear of crossing a street, of social intercourse, of an impending disaster. If there is pain it would be intolerable, worse as the evening progresses and it

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Numbness would be accompanied by numbness, tingling. There is a sensation as if small insects were crawling on the skin.

Inflammatory fever

Acute and short Aconite greatly helps in fever when the following symptoms are present: "heat with thirst; hard, full and frequent pulse; anxious, impatient, inappeasable, besides himself, tossing about with agony". (Dr. Hering). The patient kicks the clothes off, is worse lying on the left side, in a warm room or with warm covering. The fever is acute, sudden, short and high. The skin is bright red. The patient feels very weak and suffers from typical Aconite Nap 'fear'. Evening chill with cold waves passing through the body.

Croup In children there might be sudden congestion of the brain with intense fever. In croup, when the child awakens frightened and has a dry, hoarse, croupy cough, Aconite Nap is an immediate cure.

Urine stopped in a new-born A new-born may not pass urine because it has suffered shock in birth. Give him a dose of Aconite Nap. The retention of urine would be relieved.

Facial neuralgia on exposure A bursting, throbbing headache on exposure to dry cold wind needs Aconite Nap. Sudden. Violent. With fear, with anguish. Exposure to cold, raw wind causes neuralgic pains in the face. The pain is like hot wires running along either side of the face. There is a sensation of numbness, followed by pain which is intense. Along the nerves, there is a feeling of crawling creeping ants. An exposure to dry cold wind may bring terrible toothache. Aconite would relieve all these symptoms.

Terrible toothache

Coryza with violent headache Coryza attended with violent headache requires Aco Nap. It comes suddenly on exposure to dry cold. Coryza of rosy and chubby babies.

Coryza of chubby babies

Inflammation of the eye A sudden, blood-red inflammation of the eye on exposure to dry cold wind is immediately relieved by Aconite Nap. The lids have swollen rapidly and cannot be opened easily. There is a feeling of a foreign body present in the eye.

Cutting pain in the ear Similarly a throbbing, intense and cutting pain in the ear from exposure to dry cold winds would be relieved by Aconite Nap. Children get such attacks often in the evenings after returning from the playfields.

Inflamed, dry throat, tonsils, larynx A violent cough from inflammation of the throat which is dry, red and burning and smarting in tonsils are immediately relieved by Aconite Nap. Similar relief is available if the larynx is inflamed.

Pneumonia Aconite Nap is the supreme remedy for pneumonia. There is sudden and speedy inflammation of the viscera, of the pleura, of the lungs, of the mucous membrane lining. Besides, there is a shortness of breath, oppressed breathing on least motion. Hoarse, dry, croupy cough. The mucous membrane may ooze cherry-red blood. The mucus might be white but is heavily streaked with bright red blood. This pneumonia shows on the face in anxiety writ large. Give Aconite Nap.

Asthma In acute asthmatic attacks Aconite Nap comes as a God-send. Alternate Ipecac every half an hour till the attack subsides.

Sciatica Sciatica with sensation of ice water poured along the course of nerves responds to Aconite Nap. Do not forget crawling sensation, fear and restlessness.

Rheumatic pains-severe Shooting pain in limbs with numbness and a tingling sensation, icy coldness and insensibility of hands and feet, hot hands and cold feet, rheumatic inflammation of joints, which are very sensitive, red, shining, swollen, (all due to exposure to dry cold air) are ameliorated by Aconite Nap.

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Fright-induced problems

Vertigo on account of fright needs Aconite Nap. There is fainting, trembling. Fright may threaten abortion, may induce jaundice and make it chronic.

Gastric catarrh

Inflammation

Gastric catarrh, a sharp, acute, painful inflammation of the stomach, responds to Aconite. There is retching, vomit of blood, of bile and fear of death, anxiety and restlessness. All this could have resulted from exposure to dry cold.

Allergic urticaria

Terrible, allergic, reactionary urticarea with thirst, heat and fear of death, is taken care of by Aconite Nap.

Too much Aconite is counteracted by Coffea or Nux Vomica.

Sulphur is a chronic of Aconite Nap, that is, it completes a cure begun with Aconite Nap.

Recommended potency: 30, 200. Repeat 30 frequently in acute disease. Aconite is a rapid worker.

THE PATIENT IS

Better

1. By uncovering.
2. Open air.

Worse

1. In the evening for chest problems.
2. Lying on the left side.
3. In a warm room with warm covering.
4. From music.
5. From tobacco smoke.

FEVER/HEAT/HEAT OF THE SKIN

ACONITE	BELLADONNA
○ Dry, hot skin.	○ Greater surface heat than in Aconite Nap.
○ No sweat.	○ Sweat on covered parts.
○ The patient is restless, tosses in intolerable agony.	○ The patient is in semi-stupor. Jerks and twitches in sleep.
○ Great distress in heart and chest.	○ Every problem centres in the head.
○ Great fear of death.	○ Fear of imaginary things with delirium.

PNEUMONIA SPUTUM

ACONITE	BRYONIA	RHUS TOX
Cherry Red	Iron Rust	Iron Rust

Allium Cepa

Leading Indications

1. Copious, bland watering from eyes.
2. Corroding, copious discharge from nose. Nose dripping.
3. Colds in damp, cold weather.

Nose and eyes flowing together

The most important use of Allium Cepa is in acute coryza and allied respiratory problems.

Eye discharge bland yet eyes burn

Lachrymation from the eyes is there; it is profuse but it is bland. All the same, the eyes burn and smart. (In Euphrasia the lachrymation from eyes is acrid and burning).

Violent sneezing

Coryza is accompained by frequent, violent sneezing. There is profuse, acrid discharge which corrodes the upper lip and the nose.

Tickling in larynx

In respiratory problems there is tickling in the larynx. There is violent, rapid inflammation of the

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Hacking cough

Whooping cough

Post-surgical neuralgic pains

larynx. There is hoarseness. On breathing cold air, there is hacking cough; pain extends into the ears. Allium Cepa is a remedy for whooping cough, with indigestion, vomiting and flatulence.

A very important use of Allium Cepa is in neuralgic pain which follows amputation of or injuries to nerves. The pain is like a fine thread cutting into the body. We can call it traumatic chronic neuritis.

Recommended potency: 30, 200.

THE PATIENT IS

Better	*Worse*
1. In open air.	1. In the evening.
2. In a cold room.	2. In a warm room.

Aloe

INVOLUNTARY STOOL

Leading Indications

1. **Rectal insecurity; rectum feels full of heavy fluid which wants to get out.**
2. **Abdomen bloated like a tent.**
3. **Thundering rumble.**
4. **Involuntary passing of stool with urine or flatus.**
5. **Prolapsed rectum.**

Insecurity in rectum

This is a remedy for solid stool, passing in large balls, involuntarily and unnoticed. The patient feels that his rectum would fall out if he does not go to the latrine immediately. Even when passing wind or urine, the patient feels insecure in the rectum; the stool might come out. He is not sure whether flatus or faeces will come.

Involuntary

Aloe helps in diarrhoea. The stool is yellow, bloody, or it is transparent, jelly-like mucus. It is excoriating, burning like fire. The stool is often passed involuntarily when the patient is trying to pass wind or pass urine.

Rumbling in abdomen

A very important indication for Aloe in diarrhoea cases is the sound of rumbling in the abdomen. Thunder; rumbling of the clouds.

Flatulence

Flatulence with very loud, rumbling sounds needs Aloe. The abdomen is bloated, full and hot. There is pulsating pain near navel; pulsation in rectum. The wind is burning and copious.

Haemorrhoids

At times the rectum might protrude like a bunch of grapes. It is relieved by application of cold water. The haemorrhoids are blue and itch intensely. Burning in anus prevents sleep. Use Aloe.

Dysentery

Aloe is of great help in dysentery where there is a feeling of violent tenesmus, heat in the rectum, severe weakness, with fainting and profuse sweat. Large quantities of catarrhal, jelly-like mucus.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. In cold.	1. In hot, dry weather.
2. In open air.	2. In summer, heat.
3. By cold water application on piles.	3. Early morning.
4. Uncovering in bed.	4. After intake of food or drink.
	5. While walking or standing.

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PROLAPSE OF THE RECTUM

PODOPHYLLUM	ALOE
1. Diarrhoea, offensive; (stool yellow, green).	1. Constipation or diarrhoea (Stool yellow, bloody. Large balls).
2. Colic.	2. Pulsating pain in rectum; near navel.
3. Gushing stool	3. Involuntary stool. Insecurity of rectum.
4. Empty retching.	4. No nausea.
5. Rumbling sound.	5. Flatulence with rumbling.
6. Stupor. Moaning sounds.	6. Restlessness.
	7. Piles protruding like grapes.

Alumina

UNYIELDING CONSTIPATION

Leading Indications

1. Constipation in infants and old people. In women with sedentary habits.
2. Inactive rectum. Even soft stool requires effort.
3. Anaemia in women who crave for chalk, charcoal, rags etc.
4. Brittle nails.
5. Legs feel asleep when sitting with legs crossed. Heels numb.
6. Sensation of hot iron thrust through back.

Stubborn constipation

Alumina looks after dryness of mucous membranes and skin. There is a partial paralysis of muscles. The most prominent result of these two tendencies is constipation in which even soft stool is passed with difficulty and after great straining. Such a situation occurs frequently in infants, old people and women who are not physically active.

Inactive rectum

In the Alumina constipation, the stool would be hard, dry and knotty. The patient has no desire to pass stools. His rectum is sore, dry, inflamed and bleeding. There is itching and burning at the anus which is fissured.

Such a person finds it difficult even to urinate without straining at stool.

Confusion of thoughts, of words

Mentally the Alumina patient is confused in ideas, in thoughts. Makes mistakes in the use of words, in the choice of identity; cannot follow a train of thought. He is ever gloomy, sad. Full of apprehension.

Chronic conjunctivitis

Alumina is the medicine for chronic conjunctivitis. The eyelids are dry, burning, smarting and thickened. The discomfort is aggravated in the morning.

Lack of appetite

The Alumina patient has no desire to eat and can swallow but small morsels at a time. He has a sensation as if nothing would pass down his oesophagus.

Aversion to potatoes

The Alumina patient has an aversion to potatoes. On the other hand, a Natrum Mur patient dislikes bread and a Pulsatilla patient cannot take fats, pastries and fruit.

Bleeding from bowels

Alumina is an effective remedy in haemorrhages in the bowels in typhoid fever. The blood comes in large, solid-looking clots.

Anaemic women

Women who menstruate too early, stop soon thereafter and in whose cases the bleeding is scanty, pale and is followed by great exhaustion, require Alumina. Leucorrhoea which is acrid, profuse, transparent, ropy and in which there is a burning sensation in the vagina is cured by

Scanty menses

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Profuse leucorrhoea

Alumina. This leucorrhoea is worse during daytime and after menses. It is relieved by washing with cold water. The patient is pale, weak, tired, must sit down to rest. She is hungry for starch, chalk, rags, charcoal and other inedible articles.

Heaviness in lower limbs. Locomotor Ataxia

Alumina has a peculiar sensation of pain in arms and fingers. It feels as if a hot iron has penetrated through the back, the lower vertebrae. The arms feel paralysed. Legs feel asleep, especially when sitting with legs crossed. The soles and heels feel numb. There is great heaviness in lower limbs; can scarcely drag them. The patient staggers. Can hardly co-ordinate his walk.

The Alumina patient has intolerable itching of skin when getting warm in bed.

Recommended potency: 200. It takes some time before results are visible.

THE PATIENT IS

Better	*Worse*
1. In damp weather.	1. In the morning on waking up.
2. In open air.	2. In a warm room.
3. From cold washing.	3. Periodically and in the afternoon.
4. In the evening and on alternate days.	4. In dry weather; in dry cold weather.
	5. From taking potatoes.

Ammonium Carbonicum

Leading Indications

1. **Great sensitivity to cold air.**
2. **Unclean habits. Dislike of open air, of washing. Acrid discharges.**
3. **Long-continued coryza.**
4. **Nose ever blocked. Dry, stuffed coryza. Has to breathe with mouth open.**
5. **Snuffles of children.**
6. **Nose-bleed when washing the face in the morning.**

Blocked nose

Dry colds

The patient who requires Ammonia Carb is very sensitive to cold air. His nose is blocked at night. He has to breathe with the mouth open. He is a chronic patient of coryza. The child cannot breathe through the nose because it is full of mucus. He produces a typical sound called snuffles when he tries to move the mucus blocking the nose upwards.

Nose-bleed

Ammonia Carb is required in diphtheria when the nose is blocked. So also for nose-bleed on washing the face in the morning.

Acrid flow

Acrid saliva excoriating the lips and causing cracks, acrid tears causing cracks in eyelids, acrid stool, acrid leucorrhoea making female genitals raw and sore, require Ammonia Carb.

Sore leucorrhoea, menses

If a woman has bleeding piles which aggravate during menstruation, her medicine is Ammonia Carb. Such a patient may be averse to the male sex. She may have frequent menstruation which is profuse, early, clotted and black. Her menstruation is accompanied by colicky, hard, difficult stool and is fatiguing. Her thighs are heavy and tired all the time. The leucorrhoea is acrid. In abdomen and vagina there is violent, tearing pain. The genitals are swollen. The clitoris is irritated.

Pain in toe or heel, in teeth, in jaw

When the big toe is painful and swollen, the patient requires Ammonia Carb. Similarly if the heel is painful on standing or there is tearing in ankles and bones of feet, Ammonia Carb would give relief. Such a person would be better when warm in bed. His bones ache as if they would break. Teeth, jaw-bones ache violently.

Recommended potency: 200.

contd .....

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THE PATIENT IS

Better	Worse
1. Lying on painful side and on stomach.	1. In the evenings.
2. In dry weather.	2. From cold, wet weather.
	3. From wet applications and washing.
	4. During 3 to 4 a.m.
	5. During menstruation.

Antimonium Crudum

REMEDY FOR GLUTTONS

Leading Indications

1. Digestion disorders, due to OVEREATING.
2. Milky, coated tongue.
3. Foul wind; stinking eructations.
4. Warts on hands, nails, fingerends.
5. Shoe corns.

Indigestion from overeating

Antim Crud is an excellent remedy for those who are fond of overloading their stomach with fatty food and experience, naturally, thereafter a feeling of nausea with fullness and discomfort. These persons are very fond of pickles. They are gluttons. Such persons find themselves looked at in company whenever they pass stinking, foul air. They eruct smelling of the food they have taken, and belch constantly. Give them a dose of Antim Crud 200 and see the difference. The medicine, in a short while, acts as a deodorizer inside the digestive system.

Milky, coated tongue

For indigestion or dyspepsia Antim Crud is indicated if there is a milky coating on the tongue. Further, the eructation discomfort starts as soon as the food is taken. Although the abdomen is flat, yet the stomach feels distended.

Peevish

A man of wrong eating habits would be unnecessarily irritable and fretful. He loathes life. Disordered stomach gives him a headache as well. Heaviness in the forehead, sometimes with vertigo.

Oozing haemorrhoids

A patient with an unsettled digestive system, as discussed above, is bound to have problems with his anus and stool. He has piles from which there is a continuous oozing of mucus. The linen gets soiled very often. The anus itches.

Indigestion of old persons

Old people who eat indiscriminately suffer from diarrhoea and constipation alternately. Here Antim Crud is the only remedy available.

Warts. Split nails. Callosities

Antim Crud is a very effective remedy where the patient has a tendency to grow warts, hard, horny and extremely painful excrescences under the nails, and from the ends of the fingers. The fingernails are crushed and split. The toe-nails grow out of shape, are brittle. Pressure of the shoes or of anything produces a callosity, painful and tender on the feet. The skin thickens.

Toothache in hollow teeth

Toothache in a hollow tooth responds well to Antim Crud.

Recommended potency: 200.

THE PATIENT IS

Better	Worse
1. In open air.	1. In the evening. Night.
2. During rest.	2. From water, from cold washing.
3. In moist warmth.	3. Taking acids, pickles, wine. Overeating.
	4. In the heat of the sun. From exertion. In a warm room. Near open fire.
	5. In damp weather.

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Antimonium Tartaricum

WHEN LUNGS ARE CHOKED WITH MUCUS

Leading Indications

1. Large accumulation of mucus in the lungs etc.
2. Rattling sounds. Death rattle.
3. Difficulty in expectoration.
4. Cyanotic face from lack of oxygen. Pale, sickly.
5. Sleepiness nearing coma. Failing lungs.

Great expectorant

Antim Tart is useful for two problems. There is a great accumulation of mucus in the air passages with coarse rattling and an inability to expectorate. An impending paralysis of lungs. As an expectorant, there is nothing like Antim Tart. The second utility of this medicine lies in intense nausea.

Dr. M.L. Tyler, an eminent homoepath, has so succintly put it: "In the hands of homoeopaths Antimonium Tartaricum is a very precious and indispensable remedy and has saved innumerable lives: the lives of infants and small children, especially dying of bronchitis and broncho-pneumonia, cyanosed and almost moribund, and, at the other end of life, of old people, with chest full of rattles and wheezes, with lungs filling up, and no power to raise the phlegm."

Respiratory problems with coarse rattling of mucus

Antim Tart is indispensable in treatment of respiratory organs where there is a great accumulation of mucus with coarse rattling. There is an inability to raise it and throw it out. This situation can arise when a patient is suffering from bronchitis, pneumonia, whooping cough or asthma. The patient may be of any age, of any constitution. In most of these cases there is a feeling of sleepiness, almost nearing coma. Ipecac rattling has a power to cough up. Not so in Antim Tart. This coarse rattling comes on slowly. Antim Tart sputum is white.

Paralysis of the lungs

In respiratory problems, there may be oedema and an impending paralysis of the lungs. The bronchial tubes are overloaded with mucus. The pulse is rapid, weak and trembling.

Death rattle. A 'last gasp' remedy

If you ever enter a room of the dying and hear a death rattle, a coarse rattling and bubbling in the chest and an inability on the part of the patient to take the mucus out, administer Antim Tart 1000. The patient would get relief. The patient's chest is steadily filling up with mucus. He feels suffocated. But because of his physical condition, he is unable to throw it out. Administer Antim Tart in a very high potency like 1000 or even 10,000 and notice the difference.

Intense nausea

The second problem to which Antim Tart relates is vomiting, intense nausea, with resulting weakness. There is a general coldness and sleepiness. The patient suffers from cold sweat.

Nausea with relief on vomit

There are cases of nausea wherein Ipecac is required, but there the nausea would be persistent and there would be no relief after vomiting. In Antim Tart there would be relief after vomiting.

In stomach troubles with nausea, retching and vomiting, there is a thirst for cold water, little but often,and a desire for fruit and pickles. The tongue is coated thick,white. Its edges are red.

Cholera, relief on vomit

Antim Tart competes well for cure of cholera with other medicines. The patient gets relief on vomit. (If however there are severe cramps in the stomach and bowels, Cuprum Met would give more relief than Antim Tart).

Violent pain in coccyx

Antim Tart is useful when there is violent pain in sacro-lumbar region. There is a sensation of heavy weight at the coccyx. The patient feels a sense of dragging downwards all the time.

Recommended potency: 200, 1000, 10000.

contd .....

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THE PATIENT IS

Better	*Worse*
1. Sitting erect.	1. In the evenings.
2. From eructation.	2. Lying down at night.
3. From expectoration.	3. In damp cold weather.
	4. From warmth.
	5. Taking sour things. Milk.

Apis Mellifica

SWELLING ANYWHERE. OEDEMATOUS CONJUNCTIVITIS

Leading Indications

1. **Swelling anywhere, pitting on pressure. Dropsy.**
2. **Burning, stinging pain, sharp and quick. Insect bites.**
3. **Shrill, sudden piercing screams.**
4. **Virtual absence of thirst.**
5. **Patient alternately dry, hot or perspiring.**
6. **Sensation as if every breath would be his last.**
7. **Scanty urine.**

Swelling anywhere

The most important conditions of the body in which Apis Mel acts fast are swelling and oedema, general or local, virtually anywhere on the body and in pain which is burning and stinging, like the sting of a honey-bee. The medicine itself is prepared from the honey-bee poison. In insect bites, Apis is the first medicine to be thought of.

Burning and stinging pain

The swelling or puffing up or oedema can be on the face, ears, eyelids, especially the lower lid, the throat (in case of diphtheria), on breasts, on genitals, particularly on the scrotum, on skin, such as in erysipelas, carbuncles and urticaria, on anus, in haemorrhoids and even on abdomen. This swelling is accompanied by characteristic burning and stinging pain, pain which is sharp and quick. But at times there is no pain. Yet the swelling responds to Apis.

Characteristic puffing

There is puffing of the skin which when pressed forms a pit. A swollen face, eyelids which look like water-bags and uvula which hangs like a balloon filled with water require Apis. The abdominal walls may have swollen. A pit forms upon pressure being applied by a finger. Apis is needed.

Rough rash

The rash of Apis is thick, sometimes of a rosy colour, is rough and can be felt as such.

Depression

Lack of joy

The Apis patient is sad, depressed, tearful, worries all the time. He is wholly joyless and indifferent.

Involuntary diarrhoea

Apis has involuntary diarrhoea. The stool occurs with every motion of the body, as if the anus was wide open.

Cerebro-spinal meningitis

The complaints of Apis, according to Dr. J.T. Kent, come with rapidity and violence. The patient becomes unconscious. He enters a state of delirium with loquacity. Besides delirium, the patient screams and shrieks. The child rolls his head, gnashes his teeth and screams because there is congestion in the brain. This can be because of cerebro-spinal meningitis. All this discomfort is increased by heat.

Oedematous conjunctivitis

Chronic granular lids

Certain eye problems require Apis more than any other medicine. The lids, particularly the lower lids, are swollen and red. Hot water flows in abundance. There is piercing, stinging pain. Apis gives immediate relief. Conjunctiva, swollen and bright red, needs Apis. Chronic granular lids. All eye problems are better from cold application. In

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trachoma use a 10,000 potency dose and see the difference.

Sudden, violent diphtheria

Rapid cases of diphtheria which comes suddenly, with intense violence, require Apis. Every part of the throat is swollen. The uvula hangs down like a transparent sack of water. The tongue swells till it fills the mouth. There is a virtual absence of thirst. The patient is in imminent danger of death by actual closure of throat and larynx, by suffocation.

Swollen labia

In women if there is swelling on the labia and there is relief by application of cold water, Apis is the remedy. The pain is stinging and burning.

Inflamed kidney

Inflammation of the kidneys responds well to Apis.

Dropsy in hands, knees and feet

Apis is needed in synovitis, that is, when the knees are swollen, shiny, sensitive and there is stinging pain. Apis is the remedy for the feet which are swollen and stiff. Dropsy in hands with numbness of hands and of the tips of fingers requires Apis.

Insect bites Erysipelas Carbuncles

As already stated,any swelling after insect bites needs Apis. So do urticaria, erysipelas of the eyes and of the side of the face, extending from right to left, with rosy colour and stinging swelling. In carbuncles if there is burning and stinging, Apis is the remedy.

Rhus Tox and Apis do not go together.

Recommended potency: 30, 200, 1000.

THE PATIENT IS

Better

1. In cold room.
2. In cold air.
3. By cold application, cold baths.

Worse

1. After sleep.
2. On touch.
3. From heat; in warm room.
4. Late in the afternoon.

SWELLING AROUND EYES

Upper lids	Kali Carb
Swelling around eyes	Apis
On face	Phosphorous

Argentum Nitricum

HYPERACIDITY PAINFUL ULCERS

Leading Indications

1. **Pus, inflammation,sand sensation, redness in the eye. Severe inflammation of the eye. Ophthalmia.**
2. **Burning, painful acidity.**
3. **Pessimism.**
4. **Fear of failure.**

Ophthalmia

Acute, granular conjunctivitis

The best results with Argentum Nit are achieved in the treatment of eye problems. In ophthalmia where pus has formed, Argentum Nit renders great service. There is oedema of the conjunctiva of the eye (Chemosis). There is profuse, purulent discharge. The cornea begins to get hazy. The lids are swollen because of collection of pus in the eye.Arg Nit cures such cases. So also it does in cases of acute granular conjunctivitis. Also cases of chronic ulceration of the margins of eyelids. It treats canthi, red as blood, swollen into a lump of red flesh. If swelling is more prominent, Apis is better indicated. Stinging, burning pain present.

Pain of gastric ulcers

Hiatus hernia

The second important benefit from Arg Nit is obtained in the treatment of pain with severe distension in the abdomen because of flatus. It also takes care of pain caused by hiatus hernia. This is a shooting, gnawing and ulcerating pain.

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Hyperacidity

There is burning; there is constriction. The patient suffers from hyperacidity. Ulcers of the stomach with pain radiating in all directions are taken care of by Arg Nit.

Difficult belching

Difficulty in eructation requires Arg Nit. The patient makes an effort but cannot belch. In gastric cases there is loss of appetite, although the patient desires sweets. The same sweets when taken, however, make him sick. His digestion is feeble.

Feeble digestion

Stool like chopped spinach with mucus shreds

In cases of severe flatulence or of obstinate cases of diarrhoea where the stool is watery, offensive and noisy, is green like chopped spinach with shreds of mucus, Arg Nit is indicated.

Nervous apprehension. Fear of failure. Irrational fears

Arg Nit is most beneficial for terrors of anticipation. Waiting for examination, for conferences, for an interview, a diarrhoea might set in. Also vomiting.

Memory, reason disturbed

There is disturbance in the memory, disturbance of reason. The patient is irrational. He fears that death is near. He suffers from brain fag, from headaches, from exertion of mind. He is a pessimist.

Pessimism

Fondness for cold food

The patient for whom Arg Nit is suitable wants cold air, cold drinks, ice cream. He suffocates in a warm room. He wants the doors and windows open. He dreads a crowd. He cannot look down from a height. He is fearful and nervous. He wants to do things in a hurry.

Fear of crowds

Hemicrania

This medicine helps in hemicrania. There is pain in the frontal eminence with enlarged feeling in the corresponding eye. The pain is boring. It is better on the head being tied with a bandage or by applied pressure.

Stiff, weak calves

Arg Nit helps in debility of calves. It removes rigidity in calves.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. From eructation.	1. Heat, warmth in any form.
2. From cold milk.	2. At night.
3. In cold, fresh air.	3. From sweets, cold food.
4. Pressure.	4. During menses.
	5. Left side.

Arnica Montana

CARE OF
THE INJURED
ANGINA PECTORIS
FATIGUE

Leading Indications

1. **Injury. Trauma, physical, emotional. Acute. Chronic.**
2. **Black skin due to injury.**
3. **Angina pectoris.**
4. **Fatigue.**
5. **Surgery.**
6. **Bruised, sore feeling.**

Injury

A muscular tonic

Arnica is one of the most frequently used remedies in the homoeopathic materia medica. We think of it whenever injury, however remote, appears to be the cause of the trouble. The injury may be recent or remote. It may be a blow or a contusion. The patient has a bruised, sore feeling all over. Any surface on which the body lies appears to be hard. Various limbs of the body ache as if these have been beaten. Arnica is the remedy in such cases.

Trauma – psychic or physical

The key word in the use of Arnica is "Trauma". Traumatic injuries respond very well to Arnica. Concussion, fracture of the skull with compression of the brain, drilling and extraction

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Sprain

Black eye

of the teeth, blows on the stomach and so on. The eyes feel sore and bruised after strenuous application. Fatigue comes on after hard work. Joints injured. Back injured resulting in lameness and sore feeling. A sprained ankle. Pain in tennis elbow. The bruised joint turns black. The skin around the eye turns black because of an injury. An infant undergoes trauma while being born. In all such cases Arnica renders relief, reduces pain and swelling and gives comfort.

Trauma of grief, of loss

Trauma of grief, of sudden loss, financial or otherwise, is relieved by Arnica.

Morose. 'Let me be alone'

The patient is morose; does not wish to be physically touched; wants to be left to himself. His body is sore. His mind is irritable, sad and fearful. He has fearful dreams. He goes into a stupor. He needs Arnica.

Bleeding on injury

When a person suffers haemorrhage as a result of mechanical injuries, think of Arnica. Arnica should not be used externally in its pure form but, internally, it is the medicine.

Cerebral haemorrhage

Use Arnica as a first aid remedy in cerebral haemorrhage. Also in bleeding from nose due to physical injury.

Black skin

The skin can turn black anywhere on account of injury. Internally the mucous membranes bleed easily. Arnica relieves the symptoms as well as the pain.

Avoids sepsis and pain in surgery

Arnica can be used as a healer and a preventive of sepsis before surgery of any type. It should be given in 1000 potency at least half an hour before the surgeon has to wield his knife. The healing process is speeded. Even after the surgery is over, Arnica 1000 should be administered once a day for at least a week to ensure a recovery free of complications. When you go for tooth extraction take Arnica 1000, in the same manner as above. (If bleeding does not stop afterwards, Phosphorus 200 is also called for).

Prophylactic against pus formation

Arnica prevents pus formation, sepsis after injuries.

Rheumatic lameness

Rheumatic lameness with joints lame, swollen and sore is alleviated by Arnica.

Angina pectoris

Arnica is useful when a person suffers angina pectoris (spasmodic choking and suffocating pain in the region of the heart). There is severe pain in the elbow of the left arm. The pulse is feeble and irregular. The breathing difficulty is distressing. The pain comes on account of insufficiency of oxygen or due to fatigue or both. This is an emergency situation when the patient must be made completely immobile and medicine administered as early as possible. Do not forget to consult a doctor without delay. But give Arnica 1000 immediately.

Sleeplessness due to over-work

Over-work can make a person restless and sleepless. Once again Arnica helps.

Hoarseness due to overuse of larynx

Hoarseness in voice sometimes comes from overuse. Arnica gives relief.

Arnica is excellent in acute as well as chronic problems.

Recommended potency: 200, 1000 and above.

THE PATIENT IS

Better	*Worse*
1. Lying down.	1. On motion.
2. Lying head low.	2. By least touch.
	3. In damp cold.
	4. Heat.

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BALM FOR INJURED SKIN

For external application on an injured or bruised surface Calendula should be used. Dr. J.T. Kent writes, "In injury Calendula cannot be ignored with cuts and laceration, surface or plain injuries. Diluted Calendula used locally will keep the wound odourless, will reduce the amount of pus and favour granulations in the very best possible manner... It takes away the local pain and suffering."

Arsenicum Album

FOOD POISONING

Leading Indications

1. Total debility. Sudden prostration.
2. Mental and physical restlessness.
3. Burning.
4. Excoriating discharges.
5. Amelioration from heat.
6. Midnight aggravation.
7. Gradual loss of weight from impaired nutrition.

Debility and burning

Arsenic Alb is a frequently used remedy in homoeopathy. The following indications are available in almost every problem which Arsenic has to deal with:

i. Total debility.

Restlessness

ii. Restlessness, mental as well as physical. The patient cannot stick to a place even if there is no discomfort. Sleepless but unable to sleep.

iii. Irritable. Anxious. Sad. Anxiety alternates with fear. Has suicidal tendencies.

Chronic inflammation

iv. An acute burning sensation, burning in the brain, in the inner head, in the throat or skin, in the lungs, in the breasts, in the stomach, in the bladder, in the vagina. As if somebody has lighted a fire. Nightly aggravation.

v. Burning is relieved by heat, by hot drinks.

vi. Unquenchable thirst. But the patient can take only little water at a time.

vii. Secretions related to Arsenic are excoriating. The nose and the eyes become red. At times the odour is foul, odour of gangrene, of dying flesh, of a cadaver.

viii. Advanced inflammation (unlike the first stage of Aconite inflammation).

Unusually sensitive

Sensitiveness is a predominant feature in Arsenic cases. Sensitive to touch, to smell, and over-sensitivity of all the senses. The Arsenic patient is a fastidious person.

Disproportionate weakness

Extreme weakness is experienced in typhoid as well as asthma. The Arsenic patient is weak out of all proportion to the sickness.

Patient always freezing

An interesting observation about Arsenic patients is that they are always freezing, cannot get enough clothing to feel comfortable and warm and that they suffer tremendously in cold. Invalids are always chilly. The extremities of such patients are swollen.

Fevers — Typhoid

In fevers of a typhoid character, Arsenic is one of the best remedies. Total prostration is noticed along with restlessness. The temperature goes high. Arsenic follows Rhus Tox and should be given in later stages of typhoid.

Malarial

In intermittent fevers, such as malaria, Arsenic is very useful if other symptoms indicated in the first paragraph are present. Headache is periodic. Burning sensation is relieved by hot application. The lips are dry, parched and cracked. The patient has unquenchable thirst, although he takes only a little water at a time. Cold food totally disagrees. The vomit can be of any kind,from water to mucus to bile to blood,and even of coffee-

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Chart on Restlessness on Page no 404

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BURNING SENSATION

ARSENIC ALB	CANTHARIS	PHOSPHORUS	SULPHUR
○ In acute problems. Coming on at the onset of diseases. Chronic cases of malignant character. Burning pains.	○ Burning with urinary upsets. Raw burning pain.	○ Intense heat, running up the spine.	○ In chronic cases. Burning with itching. Burning following scratching.
○ Patient is neat, fastidious and clean. Is restless and anguished. He has fear of death, of loneliness.	○ Fiery, sparkling, staring look. Sexual mania. Paroxysms of rage, crying, barking.	○ Restless; afraid to be left alone, afraid of dark.	○ Has no class, no refinement, no fastidiousness. He is very selfish. Has no regard for others. Has an aversion to work.
○ Burning in the eyes. Acrid watering. In the ears: skin raw and burning. In the nose with bleeding. In the face with needle-like pain; in the tongue with pain and ulceration; in the throat; in the stomach with pain; in the abdomen like coals on fire; in menstruation, in piles; in the skin with itching; malignant pustules.	○ Burning in the brain, the mouth, the throat, the oesophagus, the stomach. Sensation as if boiling water stored in the brain. In the soles of the feet at night. In the skin. In vulva. In urethra. Stool comes with shivering and burning.	○ Burning of the hands. Burning, intense in the mouth, the lungs, the stomach, the small intestines, the anus, the palm, the face. In typhoid.	○ Burning heat on top of the head; in the chest; in ulcerated margins of the eyelids; in the lips which are dry and bright red; in the anus with itching; anus red; in the urethra while passing urine and for long after; in the vagina. In the soles and hands at night. Burning skin. Nipples burning like fire.
○ Burning is ameliorated by use of hot drinks or hot food.	○ Better rubbing.	○ Better in cold, open air, washing with cold water.	○ Better from dry, warm weather, open windows.
○ Worse from cold, from movement.	○ Worse taking cold drinks.	○ Worse taking warm food, hot drinks, getting wet in hot weather.	○ Worse by heat of the bed.

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coloured substances.

Pneumonia

In pneumonia, in the last stage of pneumonia of old people with gangrene, with foul-smelling expectoration, Arsenic is very useful.

Asthma

Use Arsenic where breathing is oppressed, where there is cough and frothy expectoration, where breathing out makes a wheezing sound, where the patient must sit up to breathe because his air passages are constricted, where asthma has followed pneumonia or chronic lung troubles have followed eczema.

Stomach upsets

The pain in the stomach is unbearable. It is worsened by least intake of food or drink, particularly, cold food or cold drink. There might be diarrhoea with black, bloody and horribly offensive stool. The stomach burns inside and this burning is relieved by hot drinks. The tongue is dry, brown or black. Arsenic is indicated in such cases.

Food poisoning

Food poisoning cases get relief from Arsenic Alb. Poisoning can be from decayed food, animal matter, fruit cut and left in the open.

Burning anus, piles

Arsenic is an excellent remedy in burning of the anus. Every stool burns as though there were burning coals in the rectum. Piles burn.

Acute running nose

Arsenic is most effective in acute coryza. This patient is always taking cold in the nose, always sneezing from every change in weather. When profuse discharge of mucus excoriates the lips and wings of the nose, when there is incessant sneezing and when there is terrible burning sensation, use Arsenic. There is amelioration by hot application. (It may be advisable to start with Merc Sol 200 in such cases and follow it up by Arsenic 200 if full relief does not occur in a day. If both these fail, use Nat Mur 200).

Burning eye discharge

In the eyes, Arsenic relieves intense photophobia with burning, acrid discharge, copious flow, ulcerated, red granulated lids.

Eruptions on genitals

Eruptions on the genitals with burning, ulcers spreading in all directions, herpes of foreskin and of labia, at times with a little offensive discharge, indicate Arsenic Alb. Touch aggravates. The penis is swollen; scrotum swollen; labia swollen. Hard swelling. Burning. Stinging pain. Syphillis.

Burning. Swelling

Cancer of mammae, of uterus

Arsenic is a palliative in cancers of mammae, of uterus.

Eczema: suppressed.chronic

Tremendous relief by use of Arsenic has been noticed in suppressed chronic eczema. The skin is dry and scaly, but almost always burning. The surface is covered by malignant pustules. Arsenic also helps in ulcers with an offensive discharge, in oozing pitholes on the skin.

Shrivelled, flaking skin

In Arsenic complaints a tendency to shrivel is noticed on the skin. It looks wrinkled, prematurely old (even in throat problems).

Diabetic gangrene

Arsenic is of great use in diabetic gangrene in extremities and in taking care of ulcers on heels. it is excellent for oozing ulcers which burn like fire and which have a blue-black base. Gangrene in internal organs needs Arsenic.

Recommended potency: 200, 1000, 10000.

THE PATIENT IS

Better

1. From raised head.
2. From heat.
3. From warm drinks.
4. By sweat.

Worse

1. After midnight.
2. From cold.
3. From cold food, cold drinks.
4. From movement.

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Arundo

ACUTE DISTRESSING COLD

Annoying itching in palate, in nostrils

Leading Indications

1. **Unbearable itching of the palate, of the gums.**
2. **Onset of severe cold. Acute discomfort in the eyes, the ears, the nose and the throat.**

Arundo is an excellent remedy for an annoying itching in the nostrils and the roof of the mouth. This sensation comes in the beginning of a cold. The patient starts sneezing. His nostrils itch. His eyes water. There is an overall feeling of extreme discomfort. It may be the beginning of hay fever with burning,of severe cold with an itching of the palate and of the conjunctiva.

All the above symptoms are accompanied by burning and itching in the ears, in the auditory canals and in the gums. At times the gums bleed.

One or two doses of Arundo bring the above distressing symptoms under control.

Recommended potency: 200.

Aurum Met

HYPERTENSION

Hopelessness

Leading Indications

1. **Hopelessness and despair.**
2. **Decaying bones with pain.**
3. **High blood pressure with despondency.**

An Aurum patient wants to commit suicide. He is gloomy. For him, life is a burden from which the only escape is through death. Aurum Met revives his love of life. Does away with melancholy, reverses the suicidal tendency.

High blood pressure

Aurum Met is the medicine for high blood pressure which brings violent headache, congestion in the head, even double vision and sleeplessness. In palpitation where pulse is rapid, feeble and irregular, Aurum Met is indicated.

Enlarged liver in cardiac case

We use Aurum Met in heart as well as liver problems. The liver is inflamed and enlarged. There is swelling with cardiac afflictions. In both cases, there would be hopelessness and despair.

Destruction of bones

Aurum Met is one of the best-known remedies for bone pain in bone decay and for destruction of bone in secondary syphilis. Pain comes in the night. Caries of nasal, palatine and mastoid bones require Aurum Met. There is a fetid discharge from the nose which is obstructed, painful, ulcerated and swollen. Under the scalp there are lumps.

2nd stage of syphilis

Aurum Met is frequently indicated in secondary syphilis when there is iritis,fever, skin eruptions, baldness, severe pain in the head, in the joints, and in the periosteum.

Recommended potency: 30, 200. For high blood pressure, use 30 to begin with.

THE PATIENT IS

Better	*Worse*
1. In open air.	1. In winter.
2. By cold application, cold washing.	2. During night.

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Baryta Carb

CHRONIC SORE THROAT

Leading Indications

1. Difficulty in swallowing.
2. Repeated tonsillitis on exposure to cold.
3. Child with retarded growth; catches cold easily. Tonsils always swollen.
4. Large head, small body.
5. Senility. Infantile behaviour.
6. Offensive foot sweats.

Tonsillitis with stinging pain

Baryta Carb is one of the most effective remedies in throat problems. The tonsils are greatly inflamed, swollen and there is pus formation, all this as a consequence of even a slight exposure to cold. There is difficulty and stinging pain in swallowing. Baryta Carb gives great relief in old quinsy cases. It helps in counteracting the tendency to suppuration of the throat if a high-potency dose, say 1000, is given at long intervals.

Pain in swallowing

Prophylactic against throat suppuration

Baryta Carb tonsillitis develops slowly. The Belladonna case develops with great rapidity. Hepar Sulph is rapid along with suppuration.

Chronic cough with throat problems

Chronic cough in the throat with enlarged tonsils responds very well to Baryta Carb. The pain in tonsils is stinging.

Retarded growth of children

Baryta Carb is useful for dwarfish children with a weak body and a weak mind. They do not grow. They do not learn. Their glands swell from time to time. The weakness of the mind may lead to idiocy. The child is feeble and tottering.

Senility

Baryta Carb is of use in old age when mental and physical weakness develops. The patient's behaviour is that of a child, call it senile or infantile.

Bashful, irresolute

The Baryta Carb patient is bashful, is averse to strangers. He is irresolute, mentally weak.

Paralysis of the tongue

It is a remedy for paralysis of the tongue. The tip of the tongue burns and smarts. Swollen skin in the nape of the occiput responds well to Baryta Carb. So does a weak spine and stiff sacrum.

Painful glands near ears

Baryta Carb is a remedy for glands around the ears which are painful and swollen.

Recommended potency: 30 and 200. Baryta Carb is slow in action and requires repetition.

THE PATIENT IS

Better	*Worse*
1. Walking in open air.	1. Washing. 2. Lying on the painful side. 3. On exposure to cold.

Belladonna

SUDDEN VIOLENT THROBBING RED INFLAMMATION

Leading Indications

1. Red surface, anywhere.
2. Throbbing pain. Violent pain.
3. Intense heat. Burning. Dry.
4. Violent onset.
5. Inflammation. Swelling.
6. Sudden onset. Sudden relief.
7. Motion, jerking, jar aggravates.
8. Turmoil in brain. Problems of head.

Redness predominates

Think of Belladonna if you see a red surface because this medicine is associated with red, blood-shot eyes, red, puffed face, red, swollen throat, red skin which radiates heat.

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Acute inflammation

This redness indicates inflammation. Thus a large number of acute inflammatory diseases respond well to Belladonna.

Sudden, violent onset. Sudden relief

Belladonna problems come on suddenly, with violence, run a regular course and then disappear as suddenly as they come.

Acute carbuncle, boils

When an inflammation is localized, Belladonna is the remedy in the first stage. Such inflammation comes suddenly, is red, painful and throbbing. This can be in the head, throat, breast or anywhere else in the body. This can be in the form of a carbuncle or a boil, on a hand or on a foot. Belladonna controls and aborts the problem in its first stage.

Intense heat

The Belladonna patient experiences heat, intense heat, violent heat. He suffers a burning sensation. If he has a sore throat, it is like coals on fire.

Thirst

The Belladonna patient, like an Arsenic patient, wants water in small quantities often.

Swelling, throbbing, spasms

Besides being red, the inflamed parts swell rapidly and are extremely sensitive to touch. Further, all over there is throbbing from congestion and inflammation. The head throbs with pain. The carotids throb. There is delirium, spasm, jerks and twitching. All with great violence.

Sensitive to suffering

Although the pain comes suddenly and goes suddenly, the patient is very sensitive to his suffering. This pain is worse from motion, worse from cold and worse from being shaken. Even if the body of the patient is slightly rocked by accident, the suffering aggravates.

Delirium

Belladonna cures delirium, wild and terrible delirium wherein the patient imagines that he sees ghosts, hideous faces, animals and insects. The patient is violent.

Violent mania

Belladonna is the remedy for acute, destructive mania. The patient indulges in all sorts of violence. He has to be chained. His face and skin are red and hot and so is his head. But his hands and feet are cold as ice.

Hallucinations

The Belladonna patient suffers from hallucinations, a host of visual illusions, fantastic illusions. He lives in a world of his own, oblivious to the surrounding realities. At the same time, his senses are acute.

Flushes of blood

Belladonna has been called a remedy for the head. The blood rushes to the head and makes it hot. The face becomes bloody red, hot, swollen and shiny. The upper lip, the pupils of the eyes and the eyelids swell. In sunstroke, Belladonna and Glonoine run neck and neck. So also in congestive headaches. But while Glonoine cases are aggravated by heat, Belladonna is sensitive to cold.

Sunstroke

Congestive headaches

Congestive headache responds to Belladonna very well and so does a neuralgic headache. There is a throbbing pain and the patient is worse on bending forwards and downwards or even lying down. Putting pressure on the head helps and so does a semi-erect posture. The patient experiences pulsation as if hammers are hitting the inside of the sore skull. The head feels enlarged with pressure from within and outwards. Such a headache might be the result of an exposure to cold air or of suppressed catarrh, or of a sunstroke.

Neuralgic headaches

Facial pain and twitching

If the patient has violent pain in the face, a throbbing pain, worse on the right side, worse from movement and when the face is radiating heat, the carotids are throbbing and when all these symptoms result from exposure to cold wind, Belladonna gives quick relief. (If the patient has suffered a paralysis of the face from exposure to cold wind, Causticum would be the remedy). There is intolerable twitching. The face is bright red, gradually becoming purple and there might be fever. Erysipelas of the face needs Belladonna for

Erysipelas of the face

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these symptoms.

Conjunctivitis

In conjunctivitis, when the conjunctiva is red, the eyes are swollen, protruding, dry, burning and fiery, Belladonna gives quick relief. The photophobia is intense. The pain in the eyes is intense. There is inflammation in the optic nerve and in the retina. The patient suffers orbital neuralgia. Suffering of the eyes is worse from movement of the eyes or from motion otherwise and from light.

Orbital neuralgia

Tonsillitis

There is nothing to replace Belladonna in the treatment of tonsils when they are violent red, swollen, painful, burning and dry. The throat feels constricted. Deglutition is difficult.

Acute laryngitis

Belladonna is needed in inflammation of the larynx. There is a clutching, choking sensation. Rawness in the throat, smarting, scraping, little mucus, dry cough. Sudden attack of hoarseness. Voice changes key; hoarse or squeaky. Loss of voice is sudden. Spasm in larynx.

Acute ear pain

In the treatment of intolerable pain in the middle and external ear, Belladonna is an indispensable remedy. One dose of 1000 or 10000 gives instantaneous relief.

Neuralgia in teeth

The same is true if there is a throbbing pain in the teeth, and when there is a gum boil which is red, painful and throbbing.

Convulsions in a child

In problems from which children suffer, which come suddenly, without warning like sudden and intense heat or fever, Belladonna is useful. The child is hot in the skin; his face is red; he jumps in his sleep as if he might go into a spasm. The infant experiences convulsions, associated with cerebral congestion.

Cerebral congestion

Stomach sensitive to touch

Pain, burning, discomfort and distension in the stomach respond very well to Belladonna if the patient is sensitive to touch, aggravates with the slightest motion and is even sensitive to bed-clothes.

Piles

Haemorrhoids which are violently painful, intensely red, greatly swollen and inflamed, burn and are sensitive to touch, respond very well to Belladonna.

Pain during menstruation

In menstruation which is too early, too profuse and where the blood is bright red and hot, even foul-smelling, Belladonna gives relief. The dysmenorrhoea pain is like labour pains. The characteristic Belladonna pain comes suddenly, stays for a few moments and leaves suddenly.

Bearing down through vulva

In females, Belladonna takes care of constant, violent, bearing down sensation. It is worse on lying down and is relieved by standing. (Sepia and Lillium Tigrinum have this bearing down, worse from standing; the patient has to sit down, cross-legged, to support the internal organs.)

Inflammatory rheumatism

Belladonna cannot be forgotten in inflammatory rheumatism, when the joints are swollen, red, hot and sensitive. The inflammation comes from sudden exposure and localizes itself.

Sensitivity to motion

Even the slightest motion aggravates as in the case of Bryonia. The cramps are violent. The sensitivity of a Belladonna patient is described by Dr. J.T. Kent thus: "Belladonna is so sensitive in parts that the motions of talking are painful, so sensitive that the concussion of the voice is painful in the sore spots."

Belladonna is of no help in a continuous fever like typhoid.

Recommended potency: 200, 1000, 10000. In acute cases, repeat 200 frequently.

THE PATIENT IS

Better

1. By pressure on head.

Worse

1. From motion. From being shaken. From a jar.

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2. In semi-erect posture.	2. From cold.
3. Rest.	3. Bending forward, downward.
	4. Lying down.
	5. On the right side of the face.
	6. From light.

Borax

BLEEDING ULCERS IN MOUTH GUM BOILS

Leading Indications

1. **Blisters in the mouth. Blisters on genitalia, on anus.**
2. **Painful gum boils.**
3. **Leucorrhoea like white of eggs.**
4. **Greenish stools day and night.**
5. **Intense dread of downward motion of any kind. Vertigo on descending.**

Blisters in mouth, on genitalia

The foremost use of Borax is made in healing white blisters in the mouth; ulcers which bleed on touch or on eating. The mouth is hot. Constant vomiting. Flatulent distension. Painful gum boils.

Blisters on genitalia, on anus disappear with Borax.

On the other hand if there is profuse salivation with a sore mouth,what is needed is Mercurius Sol, not Borax.

Nervousness

Vertigo while descending

According to Dr. J.T. Kent, nervousness, anxiety and sensitiveness are prominent in Borax — a state of turmoil and anxiety — all aggravated by upward or downward motion. Going up in an elevator nearly drives the patient to distraction; but is made worse by going downwards. There is vertigo and a fullness in the head on descending a mountain,or stairs.

Eyelashes inwards

Granular lids, eye-lashes turning inwards and causing inflammation need Borax.

Sudden hoarseness

According to Dr. William Boericke, in cases of sudden hoarseness brought on by a cold, a piece of Borax, the size of a pea, dissolved in the mouth acts magically in restoring the voice. It renders the voice silvery and clear. For convenience, use Borax 30 repeatedly.

Offensive diarrhoea in children

Children who have offensive, loose, green stool in diarrhoea, preceded by colic, need Borax. The stool is green.

Leucorrhoea

A woman suffers from leucorrhoea like the white of an egg. She has a sensation as if warm water is flowing through her vagina. Her menses come too soon and are copious. There is gripping pain running from the stomach to the small of the back. All this is accompanied by nausea. Borax is helpful in such cases.

Sterility

At times membrane is found in the menstrual flow. There are violent labour-like pains before and during the flow and it appears as if the uterus would expel itself from the vagina. The violent pains continue till the expulsion of the membrane. In such a membranous dysmenorrhoea Borax is the medicine.

Dr. J.T. Kent has observed that in cases of sterility in women where acrid leucorrhoea, albuminous leucorrhoea which feels like a hot fluid and flows down the legs and wherein the aforesaid false membrane forms and is thrown out, Borax can cure sterility.

Severe itching of vulva

In severe itching of the vulva,local application of Borax gives great relief.

Pain in thumb and heel

Throbbing pain in the tip of the thumb, stitches in the sole and pain in the heel require Borax. So does burning pain in the great toe, inflammation of the balls of the toes and the fingers with loss of nails.

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Recommended potency: 3 for local application. 30, 200 for other uses.

THE PATIENT IS

Better	*Worse*
1. By pressure.	1. In downward motion.
2. In the evening.	2. Noise.
3. In cold weather.	3. Smoking.
	4. In warm weather.
	5. After menses.

Bryonia Alba

STIFFNESS
BACKACHE
BRONCHITIS

Leading Indications

1. **Aggravation on movement.**
2. **Stitching, tearing pain, in muscles, in chest, in head.**
3. **Mucous surfaces dry; drinks large quantities of water.**
4. **Rheumatic pain with increasing severity.**
5. **Splitting headache associated with bad digestion or constipation.**
6. **Bronchitis.**
7. **Stiffness anywhere.**

Relief

Bryonia gives remarkable relief in muscular pain which aggravates on motion, in the treatment of bronchitis and inflammatory and congestive headache.

Stitching pain

Better on pressure

The character of the pain is "stitching and tearing". An interesting feature of Bryonia pain is that the patient feels better, ameliorated if pressure is applied to the painful part. The patient is comfortable when lying on the painful side.

Worse on movement

Whatever be the name of the disease, if there is an increase in discomfort by movement and relief comes by standing still, Bryonia is indicated. That is why, besides its utility in aches in every muscle of the body, Bryonia has been found to be of great help in bronchitis and in a bursting headache, where it appears that the head would split open, headache which increases by stooping or even by the winking of an eye.

Irritable temperament

The patient for whom Bryonia is indicated is exceedingly irritable because he does not like to stir. His movements increase his problems.

Dry mucous surfaces

The mucous surfaces of a Bryonia patient are excessively dry, lack secretion. The lips are parched, dry and cracked. The stool is hard and dry as if burnt. The Bryonia dryness leads to excessive thirst which can be quenched by large intakes of cold water.

Muscular pains in knees, feet, joints

Stiffness

As indicated above, an excellent result is obtained from Bryonia in stitching muscular pain which increases on movement. Its particular influence for improvement is seen when the knees are stiff and painful. The feet are swollen. The joints are red, swollen and hot. There is inflammation in rheumatism.

Stiff neck

Stiff back

Bryonia is extremely well indicated when the neck is stiff and painful. Similarly stiffness and pain in the small of the back, worse on movement, is relieved by Bryonia.

Chronic rheumatic pain

The pain in Bryonia is persistent and its severity increases gradually;(as against this,Aconite pain comes with violence and Belladonna pain with suddenness). That is why,in rheumatic pain, which comes with gradually increasing severity, wherein one joint after another gets involved and wherein quite a few joints are inflamed with pain and discomfort, Bryonia is indicated. The body parts grow hot and inflamed. The pain always increases on motion. For sheer self-preservation, such a person would be languid, dry and irritable.

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Even waking up in the morning, which means movement, is bothersome.

Bronchitis

For bronchitis Bryonia is a remedy par excellence. The trachea and the lungs are infected. There is violent cough, worse on movement. On coughing there is pain in the chest, severe pain, stitching and tearing. The cough is dry and suffocating. There is not much mucus inside. Think of Pulsatilla also if, at times, greenish, yellow mucus is expectorated in bronchitis. When there is loose cough with soreness, Natrum Sulphuricum is the remedy.

Stitching pain in the chest

Stitching pain in the centre of the ribs is a clear indication for Bryonia.

Splitting headache worse on motion

Special indications for Bryonia headache are:-

i. It comes early in the morning.
ii. Headache may be associated with indigestion, inflammatory and congestive complaints. Constipation headache. Obstinate. Persisting.
iii. There is relief on pressing the head by hand or tying it up.
iv. The pain is worse from every motion, even the winking motion of the eyes, from the movement of the lips while talking, from the effort put into thinking. It is so severe as if the skull would split open. There is pain in the eyes.
v. Light aggravates, although the patient wants to open the windows and breathe fresh cool air. The headache is worse in a warm room.
vi. The mind is sluggish. The patient looks an imbecile.

Painful breasts during menses

Women often have pain in their breasts at menstrual period. The breasts are pale, hard, hot and painful. Bryonia is of great help in such cases. It is indicated in intermenstrual pain, with great abdominal and pelvic soreness. Menses come early and are worse on motion. There is a copious flow of blood.

Intermenstrual pain

Recommended potency: 200 and higher.

THE PATIENT IS	
Better	*Worse*
1. At rest.	1. By any motion.
2. Lying on painful side.	2. In warm weather, warm room. (Dizziness in a warm room). Too much clothing.
3. From pressure — firm and strong.	3. Eating.
4. From cold air, cool applications.	4. In the morning.
5. By free perspiration.	5. Slight touch.
	6. On exertion; sitting up.
	7. If visitors come.

Cactus Grandiflorus

CONSTRICTION MAKES HIM SCREAM IN PAIN

Leading Indications

1. Constriction of the heart, iron band feeling.
2. Constriction anywhere.
3. Fear of death.
4. Palpitation, day and night.
5. Haemorrhages.
6. Persistent subnormal temperature.
7. Spasmodic pains.

Constriction of the heart

We use Cactus for constriction of the heart. It feels as if an iron band were preventing the normal movement of the heart. The pain is worse when the patient is lying on the left side.

Cactus has four leading indications, viz., haemorrhage, constriction, periodicity and spasmodic pain. The whole body feels as if it is

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CACTUS

caged, with each wire being twisted tighter.

Acute as well as chronic inflammation of the heart

In case of heart problems, there is a fluttering and palpitation of the heart, an irregularity in the action of the heart. The patient suffers from endocarditis, an inflammation of the layer of the epithelial cells which lines the cavities of the heart. There may be mitral insufficiency with palpitation. There may be swelling of the left hand, of the left leg and foot. The left arm is numb. The circulation of the blood is spasmodic, irregular.

Dropsy

Cardiac incompetence

For heart problems Cactus acts best in incipient cardiac incompetence.

Angina pectoris

Cactus would relieve the pain of angina pectoris where there is suffocation, cold sweat and a constriction like that of an iron band getting tighter and tighter. Pain shoots down left arm.

Heart troubles

The heart troubles which are caused by inflammatory rheumatism are relieved by Cactus and so is haemorrhage apparently coming in sympathy with the heart trouble.

Acute inflammatory rheumatism.

Cactus is a useful remedy in acute inflammatory rheumatism. Here too, there would be a feeling of constriction with spasm.

Constriction anywhere–
On scalp
In chest
oesophagus
abdomen
vagina
uterus
bladder
rectum

Constriction is a leading indication in the use of Cactus. But it need not be confined to the heart.

Cactus constriction which is felt like a spasm can be in the head, above the chest, in the diaphragm and all over the abdomen. There is constriction on the scalp, of the skin which grows tighter and tighter. It can be in the throat, in the oesophagus, where it causes a spasm and prevents the food going down. It can be in the vagina causing vaginismus which prevents coitus. In the uterus there are violent cramps. Constriction in the bladder or rectum needs Cactus.

Screaming pains

Left arm numb

Cyanosis

The pain in Cactus is violent, clutching and constricting. Screaming with pain is common in Cactus. The patient is compelled to cry out. He cannot stand the pain. Because of the intensity of the suffering the patient is fearful and distressed. A typical Cactus case would have total numbness of the left arm, along with a history of rheumatism. The left arm has a tingling and crawling sensation. The face is flushed bright red, later becoming blue; the lips turn blue.

With the constriction of the heart comes constriction around the neck, choking of the neck as from a tight collar.

Retention of urine

Constriction of the neck of the bladder causes retention of urine. There is blood in the urine, blood with stool, blood which clots. Cactus is indicated.

Cure for haemorrhoids with constriction

Constriction of the anus is looked after by Cactus.There is severe constipation, usually in connection with haemorrhoids.

Facial pain

Cactus is useful in right-sided pain in the facial nerves.

Sub-normal temperature

Cactus helps in cases of persistent sub-normal temperature.

Recommended potency:

1. Mother tincture most of the tirne. 10 drops in water, 4 times a day.
2. 30 in nervous palpitation.

THE PATIENT IS

Better

1. In open air.

Worse

1. Lying on the left side.
2. Going upstairs.
3. Walking.
4. 11.00 a.m. 11.00 p.m.

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CONSTRICTION OF THE HEART

DIFFERENT SYMPTOM : DIFFERENT REMEDY

1. *Arsenic Alb*	*Constriction on walking.*
2. *Cactus*	*As if an iron band prevented normal movement of the heart.*
3. *Iodine*	*As if someone is squeezing the heart.*
4. *Lachesis*	*Constriction on waking up; throws off covering.*
5. *Lilium Tig*	*As if the heart is grasped and released alternately.*

HEART PROBLEMS

TWO GREAT REMEDIES

CACTUS	DIGITALIS
○ Constriction of heart, constriction anywhere, indicates its need. Pulse intermittent.	○ A very slow pulse, alternating with a quick pulse. Irregular pulse in between. Varying pulse. Weak heart. Dilated heart, tired, irregular.
○ Palpitation increased on walking. Oppression of chest as if the chest cannot be expanded.	○ Difficult,irregular respiration. Frequent deep sighs. Struggles for breath. Least movement causes palpitation.
○ Face turns red, then blue. The left arm is numb; a tingling, crawling sensation. Lips turn blue.	○ Blueness of skin, eyelids, lips, tongue.
○ Heart troubles caused by inflammatory rheumatism.	○ Distended veins on eyelids, ears, lips, tongue.
○ Haemorrhage in sympathy with heart trouble.	○ Jaundice with slow pulse. Jaundice from hypertrophy; induration of liver.
○ Dropsy in left hand, left leg and left foot.	○ Dropsy consequent on heart disease. Dropsy of brain, chest, abdomen, scrotum.
○ Use tincture made from fresh flowers. In nervous palpitation, use 30 potency.	○ For palliative purpose, use fresh mother tincture 10 drops on sugar or bread, no liquids. Reduce dose as pulse stabilises. For long-term use, 30 potency.
	○ Cardiac tonic if symptoms in the top three boxes present.

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Calcarea Carbonica

Leading Indications

1. Frequent relapse of sickness; interrupted convalescence.
2. Lack of stamina. Hopelessness.
3. Icy coldness, general and specific.
4. Impaired nutrition.
5. Irregular bone development. Deformed extremities.
6. Pernicious anaemia.
7. Deep abscess.

Impaired nutrition

Deformed bones

In cases of deficient or irregular bone development, deformed extremities, a crooked spine, a softening of the bone, Calcarea Carb comes handy. While the Sulphur patient might be usually thin, lean and wiry, the Calcarea patient might be obese. But like Sulphur, Calcarea Carb helps in easy relapses, interrupted convalescence.

Mentally and physically jaded

Mentally,if the patient is interested only in trivia, little things, is unable to perform sustained mental operations, gets tired from mental work, is easily dominated by others, Calcarea Carb is strongly indicated. Such a person is wary of life, hopeless, low-spirited and melancholy. He is apprehensive. He is forgetful. Obstinate.

Cold sensation

Coldness in body

In Sulphur the sensation of burning is a strong indication. On exactly the opposite side of the spectrum, Calcarea has a characteristic of coldness, icy coldness of internal and external parts of the head, coldness of the feet, of the legs. A sensation of coldness in the individual parts of the body as well as a feeling of general coldness always indicates the use of Calcarea Carb.

Profuse perspiration

Cramps

Rheumatic pain

A very important symptom for the use of Calcarea Carb is profuse sweat on the head of a large-headed child. Of course, sweating can come in anyone and Calcarea is indicated. This sweating occurs in connection with a number of debilitating diseases. In all such cases, the lower extremities of the patient feel cold. The knees are cold and swollen and the patient suffers cramps in the calves. There is rheumatic pain, sharp, sticking as if parts of the body have been twisted with a wrench. Tearing pain in muscles.

Pernicious anaemia

Calcarea Carb is useful in cases of pernicious anaemia.

Polyps

Polyps in the nose, ear, bladder, urethra etc are greatly helped by Calcarea. The polyps in the ears bleed easily. An offensive odour emanates from the nose. The nostrils are sore and ulcerated. The mouth persistently tastes sour. Abscesses in deep muscles, in the neck, in the thighs or in the abdomen require Calcarea.

Abscesses in neck, thighs

Very old cold

In old, lingering cases of nasal catarrh, Calcarea is useful. The patient gets up in the morning and blows out large,black and bloody lumps. The nasal discharge is thick, yellow and rusty in the day-time.

Corneal ulcers

Calcarea Carb helps in spots and ulcers on the cornea. In chronic dilatation of the pupils, it is useful after Sulphur.

Goitre

Swelling of thyroid in goitre responds to Calcarea Carb.

Prolonged cough

Bloody, yellow mucus

In infections of the chest, where the patient spits blood, has prolonged cough and expectorates thick, yellow mucus, Calcarea Carb is needed. The patient is worse going upstairs.

Dislike of fats, milk

In case milk disagrees with a patient and he has sour eructations and sour vomiting, Calcarea Carb is useful. Such a patient does not like fats.

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He loses his appetite after putting in extra hours of work. Mentally he feels jaded.

Early, long, copious menses

Menstruation with vertigo, too early, too profuse, too long, with cold, damp feet or milky leucorrhoea indicates use of Calcarea Carb. Very heavy sweating on external genitals is a leading indication.

Sweating genitals

Minute red skin spots

On the skin eruptions of minute red spots due to the escape of small amounts of blood, need Calcarea Carb.

Calc Carb is the chronic of Belladonna. When Belladonna has repeatedly helped in an acute condition, Calcarea Carb will cure and prevent a relapse.

Bryonia and Calcarea Carb are not compatible with each other.

Recommended potency: 30 and 200.

THE PATIENT IS

Better

1. Lying on painful side.
2. In dry climate and dry weather.
3. Sneezing.

Worse

1. While ascending.
2. In water, from washing. In moist air, wet weather.
3. From mental or physical exertion.
4. On a full moon night.
5. Standing.

Calcarea Fluorica

HARD SWELLINGS, KNOTS, GLANDS

Leading Indications

1. **Hard, stony glands.**
2. **Malnutrition of bones. Bony formations. Osseous tumours.**
3. **Varicose and enlarged veins.**
4. **Hard knots in female breast.**
5. **Any hardening in which pus formation may be starting.**
6. **Scar tissues after surgery.**

Hard swellings

Induration — hardening — is the keyword leading to the use of Calcarea Fluor. Induration of skin, of glands, of bones.

On scalp

Calcarea Fluorica has been found to be very useful in ulcers on the scalp with callous, hard edges and for hard excrescences on the scalp.

On eyelids. On cornea

It helps in ulceration of the cornea with hard edges and subcutaneous cysts of winking membrane.

Middle ear suppuration

Chronic suppuration of the middle ear, with deafness, ringing and roaring noises requires Calcarea Fluorica.

Loose teeth Jaw-bone swellings

Hard swelling on the cheek, with toothache, hard swelling on jaw-bone need Calc Fluor. Unnatural looseness of the teeth in their sockets also needs this medicine. So do gum boils.

Heart problems

For dilated blood vessels with vascular tumours Calcarea Fluorica is a prominent remedy. It is useful in arteriosclerosis and in aneurism, a sac formed by a localised dilation of an artery or vein. It removes fibroid deposits about the endocardium.

Nodules in breasts, in testicles

In females, Calcarea Fluorica helps in varicose veins of the vulva and in uterine fibroids. It is indicated in hard nodules, knots, kernels and hardened glands in the breasts. In males, induration or hardness of the testicles as well as hydrocele are helped by Calcarea Fluorica.

Congenital syphilis

This remedy is indicated in congenital syphilis, in which the mouth and the throat are ulcerated and there is decay of the teeth, of bones with heat and pain in the affected parts.

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CALENDULA

Gout
Swollen knee
Lumbago

Calcarea Fluor is a useful remedy in gout with copious, pale urine and diarrhoea. It is of great help in chronic swelling of the knee-joint, for fibroids in the hollow of the knee. In chronic lumbago when there is aggravation on the beginning of movement but amelioration on continued movement use Calc Fluor.

Tumour on wrist

Tumours at the back of the wrist, gouty enlargements of the joints of the fingers need Calcarea Fluorica. It is a remedy for defective bone formation.

Hard ulcers. Adhesions

Fissures in palm

Cracks, fissures in the palms of the hands need Calc Fluor. Ulcers with hard, elevated edges, when the skin around is purple and swollen, are taken care of by this remedy. Scar-tissues, adhesions after surgery respond to Calc Fluor.

Recommended potency: 30, 200 and higher. This medicine takes time to manifest its effects. It should not be repeated often.

THE PATIENT IS

Better	*Worse*
1. By heat, warm application.	1. During rest. 2. By change of weather. 3. On exposure to cold, to drafts and to damp weather.

Calendula

BRUISED SKIN WOUNDS

Leading Indications

1. Lacerations; bruises.
2. Wounds.
3. Burns, sores, fissures.

Open wounds and bruises

Calendula heals wounds, bruises, sores and fissures. It is useful in open wounds, parts that will not heal, ulcers, etc. It promotes healthy granulation and rapid healing of the skin. It has great power to make skin with acrid discharge healthy. It is useful in laceration of the scalp or for that matter anywhere an injury has caused lacerations, bruises or splitting of the skin.

Razor-cuts

Calendula effectively heals razor-cuts during a shave; even in diabetics.

Bleeding in tooth extraction

Calendula is to be applied locally to heal bleeding gums after tooth extraction.

Superficial burns and scalds

On superficial burns and scalds local use of Calendula is recommended. For worse burns and scalds, Cantharis is required internally as well as externally.

Recommended potency: Mother tincture for local use.

Calendula is available as an ointment as well. It should be kept handy in every house where children fall many times a day and suffer bruises.

Camphor

HEART STIMULANT

Leading Indications

1. Collapse. Body ice-cold.
2. Heart failure.
3. Collapse in cholera with cramps in calves.

Collapse

In collapse for any reason, Camphor is the first remedy to be thought of. There is coldness of the external surface with sudden and complete prostration of the vital force.

In cases of collapse which respond to Camphor, there may be no diarrhoea.

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Coldness relieved by cold

The patient although very weak and shivering throws off all covering. On the other hand, if temperature is high he wants to be covered. His coldness is relieved by cold, more cold.

Heart emergency

Camphor is an excellent heart stimulant for emergency use. It should be given in drops of mother tincture on sugar, never in water, as often as every five minutes. The patient can also smell mother tincture on handkerchief.

Camphor is a quick acting remedy.

Recommended potency: 30 or 200.

Mother tincture for smelling. Internally 10 drops on sugar given repeatedly in emergency. Keep Camphor mother tincture away from other medicines.

THE PATIENT IS

Better	*Worse*
1. Being warm.	1. In motion. 2. At night. 3. By contact. 4. In cold air.

Cantharis

BURNS
SCALD
BLISTERS
URINARY
INFECTION

Leading Indications

1. Difficult, burning, frequent urine. Intolerable tenesmus.
2. Burning sensation anywhere.
3. Burns, by fire, by sunlight, by boiling water. Scalds.
4. Frenzied delirium.
5. Sexual mania.

Cantharis is a medicine made from the spanish fly. It, therefore, takes care of the same symptoms which are generated by a bite of the spanish fly.

Cantharis is used with excellent results in problems with urinary symptoms and in problems of the sexual organs. Another use is in burns of the skin, whether by sunlight or by fire and in scalding by boiling water.

Violent, burning, frequent urination

Cutting pain. Tenesmus in urination

Taking first the urinary symptoms, the pain in the bladder is violent, burning and cutting. The urge to pass urine is frequent and intolerable. There is a 'never satisfied' feeling after passing urine. Severe cutting pain is experienced before, during and after passing urine. Sometimes urine is passed drop by drop with extreme pain. Urine has traces of blood. It scalds. The patient experiences violent paroxysms of burning and cutting in the entire kidney region.

If these symptoms are present, no matter whatever else is the disease from which a patient is suffering, administer Cantharis and obtain great relief for the patient. Even in the inflammation of the brain or of the lungs if these symptoms are present, Cantharis gives relief.

Burning sensation everywhere

As in Arsenic, there is a sensation of burning in problems in which Cantharis is the remedy. This burning can be in the mouth, throat, oesophagus or stomach.

Burns, Scalds

Cantharis takes care of burns as no other medicine does. Pure tincture diluted with water should be applied very frequently on burns, scalds and on the sun-burnt skin. Cantharis should also be given internally every few hours. The patient would be relieved of pain quickly. By and large no scar would be left on the body.

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Blisters

Blisters caused in any manner require Cantharis. Even blisters on soles caused by walking are relieved by Cantharis.

Burning soles

Burning in soles of the feet at night needs Cantharis.

Skin problems

In erysipelas where burning and urinary symptoms are present, Cantharis is indicated more than Apis or Rhus. This patient has large blisters.

Itching of vulva

In severe itching of vulva if there is inflammation and burning, Cantharis is needed.

Sexual mania

Cantharis is a remedy for acute mania, particularly of a sexual type. The patient has a fiery sexual desire which cannot be quenched by any amount of indulgence. In delirium, the patient would sing lewd songs and talk of nothing but human genitals, urine and faeces. It appears as if his or her sexual instincts have gone mad.

Insatiable sexual desire

In men, Cantharis takes care of extraordinarily strong desire for sex with painful erections. In women, it helps in reducing nymphomania, in cutting down desire which is never satisfied.

Shivering, burning with stool

The stool is passed with shivering and burning. There is tenesmus and shuddering after passing the stool. Blood is passed along with mucus and shreds in dysentery. If all these symptoms are present, Cantharis is the remedy.

Recommended potency: 200, 1000.

Repeat frequently. Its cure is rapid. For local application, pure tincture diluted in water should be used.

THE PATIENT IS

Better	*Worse*
1. Rubbing.	1. From touch. 2. While urinating. 3. Drinking cold water or cold coffee.

RESTLESSNESS

ACONITE NAP	ARSENIC ALB	RHUS TOX
○ Restlessness comes in earlier stages of inflammation, in high fevers. Great excitement.	○ Restlessness comes in later stages when patient is weak; in low grade fevers like typhoid.	○ Internal uneasiness, relieved by change of position.
○ Extreme prostration and reduced vitality.	○ Total prostration, mental and physical.	○ Cutting pain in muscles. Movement gives temporary relief.
○ Fear of death, fear of virtually anything. Unreasonable fear.	○ No fear of death as in Aconite Nap. But there is anxiety over suffering. Thinks he is incurable.	○ Numbness predominates with dull ache and soreness.
○ Tearing, cutting pains. Sensation of numbness.	○ The patient wants to move from place to place but there is no relief. Too weak to toss about. Wants others to shift him.	
○ Fever without delirium.		
○ Not indicated in typhoid or in any slow coming problems.	○ Indicated in typhoid.	○ Indicated in typhoid.

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Carbo Vegetabilis

THE NECTAR
THE DIGESTIVE
THE ANTACID

Leading Indications

1. Stomach disorders. Acidity. Pain. Indigestion. Ulcers.
2. Partial recovery from successive illnesses.
3. Collapse. Imperfect oxygenation. Blueness.
4. Septic condition.
5. Surgical shock.
6. Cold sweat, cold breath, cold tongue, voice lost — beginning of the end.
7. Pneumonia — 3rd stage.

A life-saver in collapse

Cyanosis

Face turning blue

Homoeopathy has converted even wood charcoal into a life-saver. In this system, if there is a medicine which can bring a patient back from the jaws of death, it is Carbo Veg. The patient has been transiting from sickness to sickness. He has never fully recovered. He lies motionless as if dead. His breath is cold, his pulse intermittent and he has cold sweat on the limbs. Yet he needs a strong fan. He cannot get enough oxygen. His face turns blue. The skin pale. He appears lifeless, although his head is hot. His digestion is so weak. Debilitating haemorrhages have occurred from mucous surfaces. It may be a state of collapse in cholera or typhoid. The blood is disintegrating or there is imperfect oxygenation. The body is ice-cold. Such a patient revives with Carbo Veg.

According to Dr. Nash, Carbo Veg may save a life "in the last stages of disease, with copious cold sweat, cold breath, cold tongue, voice lost."

The great digestive

All disorders of the stomach respond to Carbo Veg.

An antacid

We have found Carbo Veg most useful in acidity. In flatulence with eructations and a feeling of heaviness, Carbo Veg does wonders. There may be at times constrictive pain extending to the chest with distension of the abdomen. The pain in the chest is like burning from glowing coals. The acidity and flatulence are ameliorated by belching or by passing flatus.

An appetiser

Carbo Veg is one of the best remedies for slow digestion, for aversion to milk, meat and fats. Nothing expresses its utility as the statement, "the simplest food distresses". For digestion of fats where Pulsatilla fails, Carbo Veg succeeds.

Stomach ulcers

Carbo Veg is an effective medicine in curing ulceration of the stomach. There is burning in the stomach extending to the back and along the spine.

Detached gums

Carbo Veg helps retracted gums which bleed easily. There is pyorrhoea. Brushing the teeth makes the gums bleed.

Haemorrhage from mucous surfaces

Massive haemorrhage is checked by Carbo Veg. The bleeding may be from the lungs, from the uterus, from the bladder or any other mucous surface. The surface appears to be too weak and spongy to hold the blood.

Sepsis

Carb Veg is a remedy in septic conditions, after surgical operations and after shocks. It greatly helps where any little inflammation or congestion has become black or purple.

Asthma of old age

In old people, an asthmatic attack which makes the skin blue is relieved by Carbo Veg.

3rd stage pneumonia

In desperate cases of pneumonia, Carbo Veg helps where Antim Tart has failed to help the patient in clearing his lungs of threatening mucus, when the face turns blue and the weakness at times is leading to a paralysis. The sputum is foul-smelling. The patient wants to be fanned. It is the 3rd stage of pneumonia.

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Varicose veins

Carbo Veg is an excellent medicine for varicose veins in pregnancy or otherwise, and for varicose ulcers. Very good for gangrene.

Pregnant women

Dr. Kent has called Carbo Veg a friend to the woman and a friend to her offsprings. It helps women who grow weak from nursing. It prepares a woman well for confinement and looks after the would-be mother in her rundown condition. It helps to relieve nausea in pregnancy as well as reduce the enlargement of the veins of the lower limbs which one comes across in the circumstances. Of course, it helps in the pregnant woman's offensive flatulence, if any.

Nursing women

Weakening, non-stop menses

In some women one period runs into another. This type of weakening menstruation with dark, oozing blood needs Carbo Veg.

Surgical shock

Carbo Veg is indicated after surgical shock, when the patient goes into collapse and is in danger of dying from the shock of the operation. The inflammation has yet to set, but there is not enough strength for this to happen. The heart is weak. Carbo Veg doses would strengthen and give life to the patient.

Indifference to sorrow, to happiness

Mentally a Carbo Veg patient is indifferent. The most horrible things do not affect him adversely; pleasant circumstances do not cheer him up. He is in confusion. He cannot think. He looks stupid and benumbed.

Internal burning

External coldness

Carbo Veg is indicated when there is internal burning and external coldness.

China and Carbo Veg are complementary, that is, these help the patient if used in alternation depending on the facts of his case.

Recommended potency: 200, 1000.

Higher potencies in chronic cases.

THE PATIENT IS

Better	*Worse*
1. From eructations.	1. In the evening; at night.
2. Fanning cold air.	2. In open air.
	3. Taking fats, butter, coffee, milk.
	4. In warm, damp weather.

Causticum

Leading Indications

1. Gradually appearing paralysis.
2. Chronic rheumatic, arthritic and paralytic afflictions.
3. Nervous twitchings.
4. Deformities in arthritis.
5. Old warts.
6. Chronic burns.

Chronic rheumatism

Causticum is indicated in the treatment of chronic rheumatism and paralysis accompanying it. Here, Causticum ranks with Rhus Tox and Sulphur.

Deformed joints in rheumatism

Tearing pains

Locomotor ataxia

In rheumatism, there is excessive deformity of the joints. These are enlarged and soft and the pain is worse in dry weather. Rheumatism has affected both the muscles as well as the joints. The pain is tearing and benumbing. It takes the life out of a patient. It stays in parts of the body for a long time. Causticum is of great help in the lightning-like pain of locomotor ataxia.

Paralysis appearing gradually

Besides deformities of the joints, there is a tearing pain in muscular tissues and progressive loss of muscular strength. The patient is restless at night. There is a gradually appearing paralysis, a local paralysis of the vocal cords with loss of voice, of muscles in the oesophagus, of the tongue, of the eyelids, face, bladder and extremities.

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Right-sided paralysis — Causticum paralysis is generally on the right side.(Lachesis helps in left-sided paralysis).

Stiffness — Causticum takes care of stiffness and pain in the neck and the throat. The muscles feel as if

Pain in extremities — these have been bound with ropes. The patient can scarcely move his head. There is a dull, drawing pain in the arms and hands, a drawing and tearing pain in the thighs, legs, knees and feet.

Sciatica — Causticum helps in left-sided sciatica with numbness.

Contracted tendons — It also helps in contracted tendons, tendons which have been shortened, resulting in a temporary or permanent contraction. The limb is drawn up. The problem may appear in the forearm particularly.

Chronic remedy — Causticum is a chronic remedy, useful in diseases which have come over a long time. It is needed in old, broken-down constitutions.

Pessimism — A Causticum patient is melancholy, a pessimist, has forebodings. He is unhappy, suspicious and distrustful.

Stammering — Causticum is a remedy in stammering. It is also useful in paralysis of both the pharynx and oesophagus. Such a paralysis might sometimes come at the end of diphtheria.

Loss of voice — Loss of voice comes from paresis of vocal cords. This may also come for catarrhal reasons. Causticum is the remedy. There is rawness in the respiratory tract, an irritation in the trachea and a dry hollow cough.

Deafness — Causticum is very useful in deafness when simultaneously there is a roaring noise, a tinkling noise or a humming sound.

Warts — Causticum comes next to Thuja in the treatment of warts. Old warts on eyelids, eyebrows,

Soreness in folds — nose; warts on face. It also helps in soreness in folds of the skin, between the thighs and at the back of the ears. The warts which Causticum treats are large, jagged, easily-bleeding and on the tips of the fingers and the nose.

Chronic burns — Do not forget Causticum in old burns which do not get well. It also helps in the treatment of results of burns.

Involuntary urine — Causticum takes care of involuntary passing of urine when the patient is coughing,or blowing his nose or sneezing.

Constipation with tenesmus — In anal problems, Causticum cures very specific symptoms. There is constipation with frequent but unsuccessful desire to pass stool. When the patient strains,his face becomes red. He can pass stool easily when standing. Haemorrhoids are swollen. There is itching, burning, stinging, smarting, rawness and moisture. The piles are worse on walking.

Uterine inertia — In women, Causticum is useful in uterine inertia during labour.

Causticum is incompatible with Phosphorus.

Recommended potency: 30, 200.

In chronic cases, higher potencies used infrequently.

THE PATIENT IS

Better	*Worse*
1. In damp and cold weather.	1. In dry, cold winds.
2. In warmth.	2. In clear, fine weather.
3. In the heat of the bed.	3. From motion in a carriage.

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Chamomilla

PEEVISH CHILDREN
TEETHING
PROBLEMS
EXCESSIVE
SUFFERING

Leading Indications

1. Irascible temper. Uncivil. Complaints brought on by anger. Peevish child.
2. Extreme sensitivity to pain.
3. Pain with numbness.
4. Restlessness and sleeplessness.
5. Dentition diarrhoea.

Peevish child

Chamomilla is used more frequently in the sickness of children than of adults. The child is peevish, restless and has colic. His pain is intolerable.

Turmoil in temper

The child patient wants to be carried in the arms.His mood is very irritable and snappy. He does not know what he wants. He needs a dose of Chamomilla. Even in elders, the patient is cross, ugly, spiteful and snappish. He cannot bear others. He cannot bear pain. He wants things but on getting them throws them away. He is uncivil.

Ailments brought on by anger

Ailments brought on by fits of anger require Chamomilla. The nature of the ailment matters not. Chamomilla cures bad effects of bad temper.

Sensitivity to pain disproportionate

A very important indication for the use of Chamomilla is the patient's sensitiveness to pain. His pain is associated with numbness and night sweats. The pain is disproportionate to the severity of the sickness. A dose of Chamomilla 200 relieves.

Pain and numbness

Any pain, accompanied by numbness, which is unendurable is relieved by Chamomilla, whether it is a neuralgic pain, pain after tooth extraction, a toothache, labour pains, stomach pain, lumbago or a rheumatic pain. In most of these cases the patient is cross, peevish, restless and difficult to please.

Numbness with pain indicates Chamomilla more than anything else. This pain is aggravated by heat but is not relieved by cold (which is the case with Pulsatilla.).

Dentition diarrhoea

Chamomilla is frequently used in the case of children suffering from dentition diarrhoea. The stool is hot, green, slimy. It has white and yellow mucus which looks like chopped eggs and spinach.

Violent rheumatic pain and insomnia

Violent rheumatic pain may drive the patient out of bed at night, compel him to walk about. There is excessive uneasiness and anxiety. Even in the abdomen there may be tearing pain. The pain being excessive, the sensitive patient would loose sleep. These indications require Chamomilla.

Earache

Chamomilla gives relief in earache when the pain,on account of swelling and heat,drives the patient mad.

Soles burning at night

An interesting cure achieved by Chamomilla is in the case of burning soles at night. The patient wants to put his feet out of bed. He gets comfort that way.

Recommended potency: 30 for children. 30 and 200 for adults.

THE PATIENT IS

Better	*Worse*
1. From being carried.	1. By heat.
2. In warm and wet weather.	2. By anger.
	3. By exposure to fresh air.
	4. During night-time in bed.
	5. In winter. In cold weather.

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Chelidonium Majus

JAUNDICE
GALL STONES
LIVER UPSETS

Leading Indications

1. Liver problems. Jaundiced skin; yellow eyes, face, hands, stool. Tongue thickly coated yellow, with red edges. Urine yellow.
2. Constant pain under the lower inner angle of the right shoulder-blade.
3. Gall stones.
4. Right-sided neuralgia — top to bottom — with liver upset.
5. Vertigo with liver upset.

Fixed pain under right shoulder

If there is a dull or sharp but fixed pain under the lower inner angle of the right shoulder-blade, whether in jaundice, in diarrhoea, pneumonia, menstruation, exhaustion or while coughing, administration of Chelidonium Majus gives relief. In all such cases there is some disorientation of the liver because Chelidonium is primarily a remedy for liver problems.

Liver disorders

At times, although the liver is not functioning properly yet the patient may not have the typical pain below the right shoulder-blade. There would be other symptoms like pain in the region of the liver, enlargement of the liver, sensitivity of the liver to pressure, a thickly coated yellow tongue with red margins showing imprints of the teeth,and a bitter taste in the mouth. The whites of the eyes are yellow. The face, hands and skin are yellow. The stools are grey, clay-coloured, or yellow as gold. Sometimes round, hard balls, like sheep's dung. The urine is yellow as gold, lemon-coloured or dark brown. It leaves a yellow stain in vessels when emptied out. It comes out foaming and yellow like beer, or dark and turbid.

The patient loses appetite. Food ferments in the sluggish bowels. Has nausea. Vomits bilious matter. He can retain nothing but hot drinks. All these indications call for Chelidonium Majus. It can be a chronic or an acute case. Chelidonium Majus assisted by Lycopodium can be relied upon.

Gall stones

Jaundice at times is caused by some obstruction in the liver or the gall bladder. There may be gall stones. Chelidonium cures gall stone colic. The pain is shooting, stabbing, tearing, lancinating and extends through to the back. Chelidonium relieves the spasm of the gall bladder.

Vertigo with hepatitis or liver pain

Pain in neck, in head

Vertigo when associated with liver disorders requires Chelidonium Majus. There is pain in the occiput and nape of the neck. The occiput is icy cold. The nape of the neck feels heavy as lead. At times the pain in the liver is followed by neuralgia of the right eye, right cheek-bone and right ear. The eyes water excessively.

Pneumonia and liver

When pneumonia is complicated with liver symptoms, Chelidonium is of help.

Right-sided remedy

By and large Chelidonium is a remedy for the problems of the body which come on the right side.These can be neuralgia which is hurting the right supra-orbits, right-sided shoulder pain, shooting pain in the right hip extending into the abdomen, pain in the right thigh, right leg or right foot. The right foot may be cold as ice while the left is normal. Chelidonium is indicated.

Tips numb

Pain in the heel

Icy coldness of the tips of fingers and intolerable pain in the heels need Chelidonium Majus.

Recommended potency: 30, 200.

contd .....

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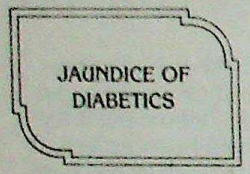
THE PATIENT IS

Better	*Worse*
1. After dinner.	1. Right side.
2. From pressure.	2. By motion.
	3. Touch.
	4. Change of weather.
	5. Very early in the morning.

Chionanthus



Leading Indications

1. Hepatic derangements. Jaundice.
2. Gall stone pain.
3. Enlarged spleen.
4. Diabetes mellitus.
5. Painful eyeballs with pain in the forehead above.

Continuing headache with liver, spleen disorders

Chionanthus is an excellent medicine for those who are habitually suffering from headache, in periodical sickness, in menstruation or with disturbance of the liver, of the spleen or of the gall bladder. Taken for several weeks, Mother Tincture, 10 drops, 4 times a day, will break up the sick-headache habit.

Supra-orbital pain

In such cases pain is mainly in the eyes and in the bones above. There is pressure over the root of the nose. The conjunctiva is yellow. The pain in the eyes is worse on stooping, motion, jar.

Jaundice

Diabetes mellitus

When the liver is sore, enlarged, jaundiced and the patient has constipation, Chionanthus is required. A special indication is jaundice with diabetes mellitus, when the urine is very dark, when there are bile and sugar in the urine, when the urine is frequent and profuse and is of high specific gravity.

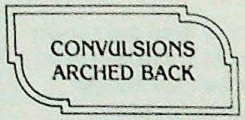
As in all jaundice patients, the stool is clay-coloured, soft, yellow and pasty. The tongue is heavily coated. There is no appetite. There is tenderness in the region of the liver.

Umbilical pain

In the abdomen there is pain in the umbilical region. It feels as if a string were tied around intestines and the knot is suddenly tightened and then gradually loosened. There is paroxysmal pain in the abdomen.

Recommended potency: Mother Tincture, 30.

Cicuta



Leading Indications

1. Violent convulsions.
2. Convulsions spread from above downwards.
3. Petit Mal in epilepsy.

Violent convulsions

Cicuta is characterised by its excessively violent convulsions. The patient turns and twists into all sorts of odd shapes. If a patient, particularly a child has got worms, or he is cutting teeth and suffers from convulsions, Cicuta would help where Cina fails. Cicuta convulsions start from up downwards. (Opposite of Cuprum Met convulsions).

Lock-jaw

Cicuta is indicated in spasms produced by nervous disorders: hiccup, spasm of masticatory muscles, that is, lock-jaw, tetanus and convulsions.

Concussion of the brain

An important use of Cicuta is in curing the effects of concussions of the brain or the spine. If as a result of this the patient starts getting spasms, excessively violent convulsions, and if Arnica does not relieve, Cicuta would relieve. Thus in chronic cases of this type use Cicuta.

Convulsions

Cerebro-spinal meningitis

In an attack of cerebro-spinal meningitis, Cicuta is indicated.

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Singing delirium — Cicuta treats delirium with singing and dancing; funny gestures.

Cervical spondylosis — Cicuta is very useful in cervical spondylosis, in spasms and cramps of the muscles of the neck.

Curved spine — The back is bent backwards like an arch. Curved limbs cannot be straightened nor straight ones bent.

Squint — Squints are helped by Cicuta.

Oesophagus spasm — A spasm in the oesophagus from swallowing a sharp piece of bone is relieved by Cicuta. The spasm ceases and the bone can be taken out.

Cicuta remedies hiccups.

Recommended potency: 30, 200.

THE PATIENT IS

Worse

1. From touch.
2. From draughts.
3. From tobacco-smoke.

Cimicifuga Racemosa

CERVICAL SPONDYLOSIS AND ITS EFFECTS

Leading Indications

1. Migraine.
2. Muscular and crampy pains of neurotic origin.
3. Rheumatic pain in muscles of back and neck. Ovarian pain, pelvic pain.
4. Pain in cervical spondylosis.
5. Nausea caused by cervical or spinal pain.

Migraine — Migraine which requires Cimicifuga comes with the sensation of a cloud enveloping the mind. The patient is greatly depressed and has dreams of impending evil. There is a wild feeling in the brain, a waving sensation, an opening-and-shutting sensation and a feeling of the brain being too large. It feels as if the head would explode with pain, which is shooting and throbbing. This feeling may come after mental worry, exertion of the eyes or as a reflex of diseases in the uterus. The pain is like electric shocks given here and there. There is deep shooting pain in the eyes, photophobia from artificial light and a pain from the eyes to the top of the head.

Cervical and spinal pain — A significant use of Cimicifuga is in the problems of the back and the extremities. The upper part of the spine is very sensitive. The neck and the back are stiff and feel contracted. There is muscular pain in the back and the neck, in the lumbar and sacral regions, down the thighs and through the hips. Severe pain in the cervical region needs Cimicifuga. Cervical spondylosis is relieved by this remedy. Stiffness in tendo-achilles and heaviness in the lower extremities are relieved by Cimicifuga.

Nausea — Pressure in the spine and cervical region may cause nausea and vomiting.

Ovarian neuralgia — At other times there may be ovarian neuralgia, pain across the pelvis, from hip to hip. There may be pain in the breast, more on the left side. Cimicifuga should be thought of in such cases.

Recommended potency: 200

THE PATIENT IS

Better

1. Warmth, heat.

Worse

1. In the morning; during menstruation the suffering being proportionately greater with the flow.

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Cina

WORMS
CONVULSIONS

Leading Indications

1. Child peevish. Nothing helps.
2. Worms.
3. Convulsions in children.
4. Alternating canine hunger and no appetite.

Cina is an important remedy for children if they have worms.

Worms of any type

Even otherwise if the child is cross, irritable, kicks and strikes everyone, always wants to be carried, wants things but throws them away when offered, Cina is indicated. Such a child all the time picks the nose with his fingers. In sleep, he grits his teeth, jerks, coughs and chokes. He has itching in the anus.

Peevish child

Twitching convulsions in children

Cina is very good for jerking, twitching limbs, trembling and convulsions. Generally, twitching and cunvulsions come because there are worms in the stomach and there is a twisting pain about the navel. The child stretches out his feet spasmodically, left foot in constant spasmodic motion. There is a sudden inward jerking of the fingers of the right hand. Convulsions in the night. The child throws his arms from side to side.

Red cheeks and pale face

Another interesting feature of a case requiring Cina is that the patient alternates between red, hot face, glowing with brightness of both cheeks, and a pale sickly face with dark rings or circles around the eyes, or paleness around the mouth and the nose.

Alternating hunger and no appetite

Alternating hunger and a complete lack of appetite indicate Cina.

Whooping cough

Cina is useful in whooping cough.

Recommended potency: 200 — 4 times over a few days. For worms, for 4 weeks.

THE PATIENT IS

Worse

1. In sleep.
2. In summer.
3. With worms.
4. In the sun.
5. By gazing at an object.

Cinchona Officinalis *(China)*

DEBILITY
LOSS OF FLUIDS
FROM BODY

Leading Indications

1. Debility caused by excessive discharge of blood, mucus, saliva or by night sweats etc. Anaemia.
2. Periodic diseases. Midnight aggravation.
3. Easy bleeding followed by dropsy.
4. Flatulence all over.
5. Typhoid; malaria.

Debility from excessive discharges

'Pick-me-up'

The key word in the prescribing of China is 'debility' or weakness caused by excessive loss of blood or other fluids from the body, through nursing or salivation or excessive and bloody leucorrhoea, menstruation or long-continuing diarrhoea or through profuse pus formation or after an attack of influenza. There may be haemorrhages from the wounds, the lungs, the bowels or from the nose, a sudden depletion leading to fainting, loss of sight, ringing in the ears or to an over-all weakness of the body. China acts as a marvellous 'pick-me-up' in such cases. The dose should be frequently repeated in 200 potency.

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Symptoms of debility

The debility of a China patient is partly indicated by darkness before the eyes, ringing sounds in the ears and fainting on the slightest provocation. His face is pale, sallow, eyes are sunken and he sweats easily on least motion or labour. There is loss of memory. The mind is weak and unable to think. The patient chooses wrong words and expressions. In Dr. J.T. Kent's words, he is "apathetic, indifferent, low-spirited, silent, disinclined to think". In women, haemorrhages from uterus are followed by sleeplessness night after night. They feel dizzy and faint. The patient is averse to exercise, to work.

Periodicity

Periodicity in the onset of disease is an important indication for the use of China. The pain comes with regularity at a given time each day. It increases sharply at midnight. That is why China has been found useful in intermittent fevers coming at fixed intervals with well-marked stages. Thirst precedes the chill which generally comes in the forenoon. The night sweats are so profuse as to cause extreme debility.

Easy bleeding

A China patient bleeds easily. The bleeding may be from any surface of the body, from the nose, from the throat, from the lungs, or from the uterus. Inflammation of the bleeding part of the body follows rapidly and the affected area turns black. Convulsions come in the midst of bleeding, such as in confinement. Dropsy follows loss of blood.

Anaemia

In cases of increasing anaemia with a pallor and weakness China helps. The complexion is sallow. The eyes look sunken and are surrounded by blue circles.

Bursting headache

It feels as if the skull would burst with headache. There is an intense throbbing of carotids. The patient experiences vertigo while walking. China helps in such cases.

Flatulence

There is nothing like China where the abdomen is bloated like a tent. Flatulence causes colic and it is all over. There is no relief on belching nor on passing wind. Movement gives comfort, however. Digestion is slow but the hunger is acute at meal-times.

Children's diarrhoea

The stool is watery, light-coloured, undigested, painless. The abdomen gurgles and rumbles. Flatus is discharged without relief. Such diarrhoea is common in children. There is aggravation at night. China is indicated.

Liver enlarged

In chronic liver trouble with pain in the right side, where the liver is enlarged, is hard and sensitive to touch, where the spleen is swollen, China brings relief. The China patient cannot bear the slightest touch. But hard pressure on the suffering part of the body gives him relief. The pain increases periodically. Suffering is worse by exposure to a draught of air.

Copious, early, painful menstruation

For a woman, China is a blessing when the menstruation is profuse and painful. There is abnormal abdominal distension. She passes dark clots of blood. Even leucorrhoea is bloody. The menstruation quite often starts too early.

Fevers; typhoid and malaria

China is useful in typhoid and malaria only when periodicity is marked, night sweats are profuse and there is a depletion of fluids. There is a shaking chill over the whole body. Aggravation at night.

Inflammatory rheumatic pain coming at a fixed time is relieved by China.

Recommended potency: 200.

contd .....

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THE PATIENT IS

Better

1. From hard pressure on the suffering part.
2. In open air.
3. By warmth.
4. Bending double.

Worse

1. From the slightest touch.
2. From draught of air. Chilled from exposure.
3. Motion.
4. At night.
5. By loss of vital fluids.
6. After eating.
7. Bending over.
8. Eating fruit, sour things.

Cocculus

MOTION SICKNESS

Leading Indication

Motion sickness.

Cocculus is a remedy for motion sickness of any kind, for seasickness, driving sickness, carriage sickness, riding sickness or in nausea while flying. The patient experiences vertigo, a desire to vomit and a sense of emptiness in the head. He cannot lie on the head because it is painful. He feels nausea even when he looks at a ship in motion. He faints and vomits. He is averse to food and drink. The taste in his mouth is metallic. It feels as if the muscles of deglutition have been paralysed.

Cracking vertebrae, knee

Swollen knee

Pain in the small of the back

Cocculus has interesting symptoms in the back and in the locomotor system. There is a paralytic pain in the small of the back. Pain in the shoulder and the arms as if bruised. When the head is moved one hears a cracking sound in the cervical vertebrae. The knees crack on motion. The knee is inflamed, swollen, and intensely painful. The lower limbs feel weak.

Recommended potency: 30

For motion sickness take a dose half an hour before starting the journey.

THE PATIENT IS

Worse

1. Travelling by car, by ship, by boat, by carriage.
2. Riding.
3. Touch, noise, jar.
4. Eating.
5. In the open air.
6. In the afternoon.
7. Menstruating.

Coffea Cruda

INSOMNIA RESULTS OF NERVOUS EXCITEMENT

Leading Indications

1. Insomnia, sleeplessness, tossing about in agony, in tears.
2. Unusual acuteness of senses, of vision, of hearing, of smell, of touch; sensitive to pain.
3. Unusual activity of mind and body.
4. Headache from excessive mental exertion.
5. Neuralgic pain due to nervous excitement.
6. Unbearable pain. Hopeless cases.

Unusual mental activity

Insomnia

Coffea is one of those remedies which prove to the layman the truth of Dr. Hahnemann's principle of 'Like cures like'. Coffee as a food product, as a drug, activates a person, removes fatigue and makes the mind more alert. As a homoeopathic remedy, Coffea acts just the opposite and controls the stimulation of all the organs, particularly of the brain. The patient is unable to sleep because his mind is full of ideas, he wants to act quickly, he has experienced sudden surprise or joy. He is emotionally excited.

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He is full of fancies and plans for the future. He needs Coffea 200, one dose. He would overcome his lack of sleep. No sleeping pills are needed.

Coffea looks after mental and physical exhaustion, restlessness and lack of sleep during most of the night.

Patients who are addicted to coffee should use Chamomilla in place of Coffea in case of nervous troubles.

Mental shocks

Coffea is particularly suited to mental shocks, such as sudden surprise, especially joyful surprises, excessive laughter and playing, to the effects of disappointed love, noise, strong smells. It is adapted to variable moods, first crying, then laughing, then crying again.

Moods of joy, of sorrow

Emotional fainting, hysteria

Coffea cures fainting from sudden emotions, hysteria, nervousness and weeping. Pitiful weeping from pain; trembling and weeping from hurt feelings, slightest neglect.

Neuralgic pain caused by excitement

Nervous excitement may cause neuralgia, twitching of muscles, toothache, face-ache, a red face and hot head. Successful people who have been working continuously may not be able to sleep and out of sleeplessness they may weep, may have neuralgic pain. They have palpitations and a flickering pulse. Coffea helps all such persons.

Insupportable pain

As a remedy for pain, Coffea competes with Chamomilla and Aconite. The pain is insupportable. The patient has lost hope of ever getting rid of the pain. He is exasperated, sheds tears and tosses about in great anguish. His pain may be in the head, generally one-sided, with a feeling as though a nail were driven into the head. Facial pain coming on account of bad teeth but relieved by taking cold things needs Coffea.

Touchy women

In women, menses may come too soon and last too long. The patient cannot tolerate even a menstrual napkin. At other times the vagina is hot and sensitive, often preventing intercourse. The vulva is excessively sensitive and there is a voluptuous itch.

Noise upsets

The Coffea patient is aggravated in all his troubles by noise. Even the opening of the door and the ringing of the door-bell produces great suffering.

Strong black coffee, taken as hot as possible is useful as an antidote to many poisons, especially narcotics, according to Dr. William Boericke.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. In warmth.	1. By excited emotions.
2. Lying down.	2. Taking narcotics.
3. Holding ice in the mouth.	3. Noise.
	4. In the open air; cold; night.
	5. By strong odours.

Colocynthis

COLIC
SCIATICA

Leading Indications

1. Colic, terrible. Relief by bending double or by pressing something hard against the abdomen.
2. Colic as a consequence of anger, of irritation.
3. Dysentery-like diarrhoea with colic pain as above.
4. Crampy pain in sciatic nerve, from hip down the posterior of the thigh.

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Colic terrible

An important use of Colocynthis is in the treatment of colic which is terrible and which compels the patient to bend double or press something hard against the abdomen to obtain relief. The colic is neuralgic in character and is often accompanied by vomiting and diarrhoea. The stomach pains are clutching, cramping and digging, as if the stomach is grasped by the fingers.

Relief by bending double

Caused by anger

An interesting feature of Colocynthis pain is that it is often occasioned by a mental cause,like anger, impatience, indignation. Persons who are haughty and easily offended have such complaints. Their anger is followed by violent neuralgia in the head, eyes, down the spine and in the intestines.

Vomiting caused by pain

The vomiting of Colocynthis is different from that of other remedies. When the pain becomes intense, nausea and vomiting begin and the contents of the stomach are thrown out.

Dysentery with severe colic

Dysenteric stools renewed each time by the least food or drink, jelly-like stools with musty odour, with distension, require Colocynthis. The characteristic colic is ever-present.

Sciatica

Facial and sciatic neuralgia is effectively treated by Colocynthis. In sciatica, the pain extends from the hip down the hind portion of the thigh. (In Phytolacca, the pain runs down the outer side of the thigh). The pain is better from pressure and heat and is worse from gentle touch. There is stiffness of joints, shortening of tendons and a contraction of the muscles. There is pain in the left knee-joint.

Severe ovary pain

A woman bends double to relieve the pain in the ovaries. She wants a support for her abdomen. There may be cystic tumours in ovaries. She requires Colocynthis.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1: Doubling up.	1. From anger, indignation, annoyance.
2. By hard pressure.	
3. Warmth.	
4. Lying with head bent forward.	

Conium Maculatum

ASCENDING PARALYSIS

Leading Indications

1. Paralysis from feet upwards. Coccyx pain. Locomotor ataxia.
2. Cancer of tongue, glands, breast.
3. Hard tumours.
4. Mental and physical imbecility.
5. Old age vertigo; prostate enlarged.
6. Sexual weakness with vertigo.

Conium is a medicine of diverse uses. It is indicated in the symptoms listed hereunder.

Paralysis upwards

Paralysis from lower extremities, upwards. Pain in the coccyx.

Staggering gait

Locomotor ataxia. Gait which lacks coordination. Stagger.

Stone-hard tumours

Tumour forming after contusion or injury. Particularly of stony hardness, with a heavy feeling.

Cancers

Cancer of the tongue.

Cancer of the glands.

Indurating tumours

Tumour in the right breast of the female. Cancer. (Silicea for the left breast tumour). Acute lancinating pain.

Breasts become large, sore, painful at every menstrual period, aggravated by the least jar. The patient wants to press the breast very hard.

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COLIC

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COLOCYNTHIS	CHAMOMILLA	DIOSCOREA	MAGNESIA PHOS
○ Terrible pain made somewhat bearable by bending double or pressing something hard against the stomach.	○ Unbearable pain, disproportionate to the cause thereof. No relief from bending up double.	○ Excellent remedy for wind colic. Pain begins right at the umbilicus, then radiates all over the abdomen, to chest, back, arms and legs.	○ Colic pain which comes and goes like lightning. Uterine colic. Painful menstruation. In this more effective than Colocynthis.
○ Pain of a crampy nature.	○ Pain with numbness.	○ Sharp pain from liver to right nipple. Pain from gall bladder to chest.	○ Crampy pain everywhere.
○ Colic neuralgic in character. Caused by anger, annoyance.	○ Pain comes from a fit of anger as in the case of Colocynthis. Mood irritable. Behaviour uncivil.	○ Pain shifts and appears in remote areas like fingers and toes.	○ Neuralgic pain in extremities such as in sciatica, in face, in stomach, in pelvis, or in uterus. Cramps always present.
○ Vomit more a result of pain than of stomach derangement. Often attended with vomiting and diarrhoea.	○ In the colic of children there is much wind which causes distension in the stomach.The child tosses about in agony.	○ Belching of large quantities of offensive gas. Much flatus. Sinking at the pit of the stomach.	
○ Better by warm application. Doubling up. Hard pressure.	○ Is better from being carried. In warm, wet weather.	○ Relief on standing erect; motion in open air; pressure.	○ Relieved by hot application, by bending double, by pressure, by rubbing.
○ Worse from anger, indignation, annoyance.	○ Aggravation by heat, by anger. During night time. In cold weather.	○ Pain is aggravated by bending forward unlike the Colocynthis pain.	○ Worse cold air, cold water, touch.
PLUMBUM	STANNUM	STAPHYSAGRIA	VERATRUM ALBUM
○ Excessive colic, radiating to all parts of the body. Abdominal wall feels drawn by a string to spine.	○ Colic of children.	○ Colic of children with symptoms similar to those of Colocynthis and Chamomilla.	○ Patient bends double in colic as in the case of Colocynthis pain.
○ Pain causes desire to stretch. Obstructed flatus with intense colic.	○ Cramp-like colic around navel.	○ The teeth grow black and decay early in cases where Staphysagria is indicated. Eyelids are often sore.	○ Prostration and cold sweat especially on the forehead.
○ Colic alternates with delirium and pain in atrophied limbs.	○ Feeling of emptiness.	○ Colic after anger.	
○ Constant vomiting. Solids cannot be swallowed. Contraction in oesophagus and in stomach.		○ A chronic tendency to colic. This is not so in Colocynthis or Chamomilla or Magnesia Phos.	○ Colic in gastroenteritis. Watery, white copious stools with retching.
○ Relieved by hard pressure; by rubbing.	○ Relieved by child being carried with the abdomen on mother's shoulder. Relieved by hard pressure.	○ Relieved by warmth; rest at night; after breakfast.	○ Relief comes on walking. Warmth.
○ Worse at night, motion.	○ Aggravated by warm drinks. Lying on right side.	○ Aggravated by anger, indignation, grief. Tobacco. Sexual indulgence — excessive.	○ Worse at night; wet, cold weather.

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Prostate enlarged — Hypertrophy of prostate gland in old age needs Conium. The urine flow is intermittent.

Vertigo — Vertigo of old people, worse on turning head sideways, indicates Conium. (Phosphorus, for vertigo looking upwards, downwards.)

Eyelids drooping — Falling eyelids. Intense photophobia.

Medicine for old bachelors, old maids — Conium has a marked action upon the sexual organs. In the male, there is great erection of the organ. He has intense desire and amorous thoughts, but is unable to perform. The erection just subsides. He has emissions at the very thought or presence of a woman. The erections are insufficient and last only a short time. He has led a celibate life and forgotten the art of making love. Usually, vertigo is present in such cases. In women Conium looks after the ill-effects of repressed sexual desire or suppressed menses or results of excessive indulgence.

Oesophagus paralysed — Conium helps in paralysis of the oesophagus. Food goes down some distance, then stops. Difficulty in swallowing.

Imbecility — Mental and physical imbecility may need Conium if other symptoms are present.

Recommended potency: 200, 1000.

In infrequent doses. A long, deep-acting medicine.

THE PATIENT IS

Better	Worse
1. From letting limbs hang down.	1. Celibacy.
2. In the dark.	2. On turning in bed.
3. From motion.	3. Before and during menstruation.
4. From pressure.	4. From exposure to cold.

Cuprum Met

SPASMS
EPILEPSY

Leading Indications

1. Spasms. Cramps.
2. Twitching of fingers and toes.
3. Epilepsy.
4. Convulsions of children in whooping cough.

Spasms

Cramps

Convulsions — The most important characteristic of Cuprum Met is expressed by the word 'spasm'. Spasms or convulsions, cramps in meningitis, cholera, whooping cough, scarlatina etc. The spasm begins with a twitching in the fingers and toes and spreads to other parts of the body. Thus, Cuprum Met may be indicated in epilepsy, cholera or even in dysmenorrhoea.

Cramps in calves, hands — Cramps in the calves, the legs and in the palms respond to Cuprum Met.

Epilepsy — Cuprum Met is a valuable remedy for epilepsy. The aura begins at the knees, ascends to the pubic region and above. It is followed by unconsciousness, foaming and falling. The jaws contract. The face and the lips turn blue. The tongue may be paralysed or it may protrude and retract like that of a snake. The thumbs are drawn down into the palms and then the fingers close over them with great violence. The patient stammers. His hands are cold.

Spasmodic asthma — Cuprum Met will help spasmodic asthma, alternating with spasmodic vomiting. There are spasms and constriction in the chest. Whooping cough attacks ending in catalepsy need Cup Met. Here, the face turns blue, the eyes turn up, the fingers and nails lose colour. Clenched thumbs and cramped fingers.

Whooping cough with catalepsy.

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Cholera

Cholera with painful, black, bloody stool, with cramps in the abdomen and calves and with overall weakness needs Cup Met.

Recommended potency: 30.

Over a few days in epilepsy. 200 in other problems. 200 or 1000 in an acute attack of epilepsy.

THE PATIENT IS

Better

1. Drinking cold water.
2. While perspiring.

Worse

1. Before menses.
2. Vomiting.
3. From contact.

Digitalis

CARDIAC STIMULATION INTERMITTENT PULSE

Leading Indications

1. **Pulse sometimes abnormally slow, sometimes fast. Uneven.**
2. **Blueness of skin, of legs, of eye-lids, of tongue.**
3. **Irregular respiration with frequent ,deep sighing.**
4. **Dropsy of external and internal parts.**
5. **Awful sinking in the stomach.**
6. **Enlarged prostate.**
7. **Jaundice.**

Heart tonic

Digitalis is a cardiac tonic, useful in weak hearts, with rapid or very irregular pulse. Mostly the pulse is extremely slow. Breathing is irregular. The skin is blue and so are the eyelids. There is cyanosis of the lips and the tongue. There is nervous prostration.

Slow, irregular pulse

The leading characteristic of Digitalis is a very slow pulse alternating with very quick pulse. In between, the pulse may be irregular as well. There is a heart-block.

Cardiac dropsy

Cyanosis

Heart disease is,at times, accompanied by dropsy and blue skin. Dropsy of the brain, the chest, the abdomen or the scrotum; a passive congestion of the lungs, a sinking feeling in the stomach; blueness of the skin, on the face, on the lips, the tongue, even the nails; all indicate Digitalis in heart cases.

Feet swollen

Fingers numb

A swelling of the feet and a numbness of the fingers comes in heart disease. The hands and the feet are cold. Digitalis is needed.

Jaundice with cardiac problems

Think of Digitalis in cases of jaundice, where the characteristic slow or intermittent pulse is present;or in jaundice caused by induration and hypertrophy of the liver, usually accompanied by heart disease. The skin is yellow as gold, even to the nails. The urine is brown as beer, but the stool is colourless. The liver is enlarged, sore and painful.

Enlarged prostate

Digitalis is a great help in old cases of enlarged prostate gland. There is a constant teasing to pass urine. There is dropsy with suppression of urine. Digitalis diminishes the size of the prostate gland. It helps in hydrocele, when the scrotum is enlarged like a bladder.

Recommended potency: Digitalis is very effective in lower potencies, up to 30. The dose should be reduced as soon as the pulse rate has been raised to 80 beats a minute and the normal rhythm partially or completely restored.

For palliative purposes or when cardiac stimulation is desired, the tincture made from the fresh plant, in doses of five to twenty drops. The tincture may be given on sugar or bread, and nothing liquid be taken for twenty minutes before or after its administration. (Dr William Boericke, M.D.)

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THE PATIENT IS

Better	Worse
1. When the stomach is empty.	1. When sitting erect.
2. In open air.	2. After meals and music.

Drosera

Leading Indications

1. Whooping cough.
2. Hoarseness with a rough, scraping sensation in the larynx.

Whooping cough

Drosera is the main remedy for whooping cough. Paroxysms follow each other rapidly. The patient can scarcely breathe. The cough is spasmodic, dry and irritative. It is deep and hoarse. At times there is yellow expectoration, with bleeding from the nose and the mouth. The patient vomits. He is worse after midnight.

Hoarseness and laryngitis

Drosera helps in hoarseness and laryngitis. The voice is deep and hoarse. There is a rough scraping sensation deep in the fauces and the soft palate, a sensation as if crumbs lay on the throat, a sensation of a feather in the larynx. Drosera cures Clergymen's sore throat with the aforesaid symptoms.

Recommended potency: 30, 200.

THE PATIENT IS

	Worse
	1. After midnight.
	2. Lying down, on getting warm in bed.
	3. Drinking, singing or laughing.

Dulcamara

Leading Indication

Complaints coming from cold, damp weather.

Aggravation from damp cold

Cold and other problems caused by dry winds, as well as by damp weather require Dulcamara. As the atmosphere changes from dry and warm to wet and cold, the patient gets worse. His cough is worse in cold, damp weather, with free expectoration. (In Aconite, the troubles come from dry cold).

Sore throat

At times, the throat is sore and painful, the tongue is stiff and may even become paralysed.

Stuffed nose

Usually the nose is stuffed. But, at times, the discharge is profuse.

Damp asthma

This cold can travel downwards resulting in asthma, loose cough, rattling mucus.

Cold in the eye

Every cold settles in the eye. There is thick, yellow discharge; granular lids. Dulcamara helps.

Stiffness

In some cases after the patient has caught cold, his neck gets stiff, back painful; his limbs are weak. He needs Dulcamara.

Skin problems, resulting from cold, wet weather

In skin problems Dulcamara treats nettle rash, crusty eruptions on the head, ringworm of the scalp, large, fleshy, smooth warts. The problems come in cold damp weather. Pruritis which is worse in wet, cold weather responds to Dulcamara.

Damp diarrhoea

In diarrhoea which comes from a change of weather from hot to damp cold and where the mucus is green, slimy and bloody, Dulcamara is indicated.

Recommended potency: 30, 200.

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THE PATIENT IS

Better	*Worse*
1. Getting warm.	1. In cold, wet weather.
2. Keeping still.	2. Getting chilled.
	3. From change of weather from warm to cold.
	4. At night.

Eupatorium Perfoliatum

Leading Indications

1. Most intense pain in the bones.
2. Chronic gout.

Eupatorium Perf is popularly known as the 'bone-set' medicine.

Intense bone pain

This medicine provides an alternative to Gelsemium or Rhus Tox for the treatment of influenza. There is an intense aching in the limbs and in the back, a feeling as if the bones are broken. There is aching in the bones of the extremities. There is soreness of the bones as well as soreness of the flesh. The bruised feeling is all over the back, the arms, the wrists, the legs and so on. The calves feel as if they have been beaten. The patient moans on account of pain.

Soreness of bones of flesh

These symptoms are noticed in influenza, bronchitis, and in intermittent fevers such as malaria.

Severe cold

Think of Eupatorium Perf for every day cold in the head, headache from cold, cold with sneezing, coryza and for bursting headache. There is a chill and a desire to be covered with warm clothes.

Gout

According to Dr. J.T. Kent, Eup Perf is useful in chronic gout. It is needed in gouty soreness and inflamed nodosities of the finger-joints, of the elbow-joint, and pain and gouty swelling of the great toe. Deposits around finger-joints. Arthritic headache, shooting pain in the temples. Headache that causes nausea and vomiting.

Intermittent fever

The chill in fever comes from 7 to 9 a.m.,and before the chill there is an intense aching in the bones. The patient vomits bile between the chill and the heat. He wants piles of covering. He has an unquenchable thirst.

Recommended potency: 200.

Euphrasia

A BOON FOR THE EYES

Leading Indications

1. Corrosive, profuse watering from the eyes.
2. Bland discharge from the nose.

Most beneficial eye remedy

Euphrasia is primarily a remedy for the eye and cures almost all afflictions of the eye such as acute or chronic conjunctivitis, iritis, spots, vesicles and whatnot.

Most violent, acute conjunctivitis — catarrhal

Euphrasia helps in catarrhal conjunctivitis in the eyes. The eyes water all the time. The flow of water from the eyes is acrid while the flow from the nose,if any, is bland. The discharge from the eyes is thick and excoriating. There is pressure in the eyes. Little blisters form on the cornea.

Sticky mucus on the eyes

In problems of the eye a specific indication for Euphrasia is a tendency to accumulation of sticky mucus on the cornea. This mucus is removable by winking.

In the afflictions of the eye which respond to Euphrasia, the eyelids are quite often affected.

Recommended potency: 200.

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THE PATIENT IS

Better	Worse
1. In open air.	1. From light.
2. In the dark.	2. In the evening.
	3. Indoors.
	4. By warmth.

Gelsemium

CONGESTION
BODY PAIN
COLD
FEVER

Leading Indications

1. **General deep-seated muscular pain with prostration. Influenza.**
2. **Excessively sensitive nerves.**
3. **Nervous chill. Chill up the spine.**
4. **Dizziness, drowsiness, dullness and trembling.**
5. **Pain in occiput. Congested head. Congestive colds.**

Influenza with body pain

Gelsemium is one of the most effective remedies in the treatment of influenza where there is body pain, pain in the head at the base of the brain, that is, in the occiput, and where there are accompanying throat problems.

Lack of concentration

Mentally, the Gelsemium patient desires to be left alone in peace. He is torpid, sleepy and dreads movement. He is dull. He cannot think clearly or concentrate.

Influenza — stages

Burning eyes

Sneezing

Running nose

As indicated above, Gelsemium is one of the remedies used in the treatment of influenza where there is body pain, a feeling of chill going upwards in the spine and a congestion in the occiput. The eyes burn and itch with great discomfort. The patient sneezes and experiences coolness at the root of the nose. There may be acute running nose with dull headache and fever. At times the nose is blocked. The face is hot, flushed, dark red and looks like that of a fool. The skin is very hot. The temperature goes up. There is itching and tickling in the soft palate, in the throat and in the nasopharynx. The throat feels rough; it burns. At times there is the feeling of a lump in the throat which cannot be swallowed. There is pain in the temples, in the throat, radiating towards the ear. The entire system of the ears, nose and throat appears to be affected.

Rough throat

Body pain

Gelsemium acts as a prophylactic against flu.

Congestive cold

Chill up the spine

Motor paralysis

The cold begins with a dullness, a feeling of drowsiness, and sometimes even trembling. It comes on with a degree of slowness. Complaints of Gelsemium are congestive complaints manifested through the brain and the spinal cord. The patient complains of a feeling of congestion as if somebody is tightening a band around his head. The eyes may be engorged and the pupils dilated. The eyes burn and itch. There is a chill running up the back from the lower part of the spine to the base of the head. There is trembling as if somebody was rubbing ice up the back. There may be various degrees of motor paralysis, paralysis of the muscles about the eye, the throat, the chest, the larynx, the sphincter or the urethra. The patient suffers from muscular weakness and loss of muscular co-ordination. "Muscles will not obey the will". Gelsemium relieves 'writers' cramp' in the muscles of the forearm.

Exhausting heat and sweat

Chill between scapulae

Eyelids heavy

In case fever has come, the patient feels relieved if held because he is trembling. There may be heat and sweat stages which would be long and exhausting. His chill is without thirst. It begins between the scapulae. It runs in waves from sacrum to occiput. When problems come which require Gelsemium, the eyelids feel heavy; the patient cannot even keep them open. The fingers are not manageable. If the patient attempts to

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Extremities powerless

walk, the legs tremble. If he wants to protrude the tongue, the tongue trembles.

Muscular soreness of the neck

Muscular soreness of the neck and the shoulders with pain in the occiput requires Gelsemium. (We may think of Rhus Tox or Eupatorium Perf in case the pain is excruciating.)

Neuralgia Myalgia

Gelsemium is pre-eminently a nerve remedy. It relieves neuralgia in various parts. The pain may be a dull aching all over; it may be sudden and darting, so acute as to startle a person. There may be spasms or convulsions. Through all this, there would be a characteristic prostration or weakness.

Congestive headache in the occiput

Congestive headache where there is pain at the base of the brain requires Gelsemium. So does vertigo, spreading from the occiput. The headache is dull and there is a feeling of being tired. At times, however, there is violent pain in the occiput. Every pulsation is felt like the blow of a hammer at the base of the skull. The patient feels better if he lies with his head raised upon a high pillow. He does not want to move. Even thinking aggravates his problem. The headache is relieved if the patient is able to pass urine freely.

Orbital neuralgia

In the eyes, there is orbital neuralgia with contraction and twitching of the muscles.

Detached retina

Detached retina requires Gelsemium.

Impotency

In males if there is a discharge without erection, Gelsemium helps.

Vaginismus

In women Gelsemium relieves false labour pains. It helps relax the painful spasm in the vagina known as vaginismus.

False labour pains

Thirstlessness

The patient is generally thirstless.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. Bending forward.	1. In damp weather.
2. Passing copious urine.	2. In the morning hours.
3. In open air.	3. Due to emotional shock.
4. By continuous motion.	4. Before a thunderstorm.
5. Using stimulants.	

Glonoine

HYPERTENSION
HEATSTROKE

Leading Indications

1. **Sunstroke. Over-heating in the sun. Meningitis.**
2. **Heatstroke. Sudden and severe congestion of the head.**
3. **Surging of blood to the heart causing fainting, palpitation and dyspnoea.**

Sudden surging of blood to head, to heart. Cerebro-spinal meningitis

Any surging of the blood to the head requires Glonoine. This can happen in a sunstroke, in a heatstroke; this can happen in cerebro-spinal meningitis. Glonoine is needed in threatened apoplexy.

The same is true when blood surges to heart. Glonoine is indicated.

Sunstroke

Glonoine is an emergency medicine in sunstroke and heatstroke. The patient comes down with cerebro-spinal meningitis.The neck is drawn back. The face is intensely hot, red and shiny. The eyes are congested. The head and upper part of the body are very warm. The feet, the hands, the lower portions of the body and the extremities are cold and covered with cold sweat. There is a violent congestion in the brain and the spinal cord. Severe pain, convulsions come on. Convulsions through all the limbs, the neck. The

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whole body is drawn back. There may be loss of consciousness.

The patient is relieved by open air, by application of cold water. He is worse in warmth, worse lying down.

Severe headache

In the headache which responds to Glonoine, the severity has to be experienced to be believed. The patient is frantic. He experiences a continuous hammering. He presses his head with both hands with all possible strength.

Throbbing

The throbbing headache seems to originate from the neck. The throbbing is not merely a sensation. It is visible in the carotid arteries.

Sudden onset

In problems relating to the head in which Glonoine is indicated, the disease comes on suddenly. Heat is a special cause and so is bright light.

Heart — laborious action

Quick pulse, irregular

High blood pressure

Laborious action of the heart is a strong feature of Glonoine. The pulse is quick, irregular, at times slow. There is a fluttering in the region of the heart. Any exertion brings a rush of blood to the heart,and fainting-spells.Glonoine helps in high blood pressure.

Angina pectoris

In angina pectoris, asthma or heart failure, Glonoine is an emergency remedy. It should be given in pure form, in drops. The pulse is small, wiry; there is pallor, anaemia of the brain, collapse and even arterial spasm.

Menopause flushes

In women, after menopause when the climacteric flushes are most felt in the head, Glonoine cures. At times, there may be even convulsions. The urine is albuminous.

Pulsating pains

Pulsating pain throughout the body requires Glonoine

Recommended potency: For emergency use, Glonoine in pure form. Otherwise, it should be used in 30 or 200 potency.

THE PATIENT IS

Worse

1. In the sun.
2. On exposure to bright light.
3. Near a bonfire.
4. On stooping and on lying down.
5. From wine, stimulants.
6. From mental application.
7. From warm bed.

Graphites

OOZING
SKIN ERUPTIONS
CRACKS

Leading Indications

1. Skin eruptions, oozing thick fluid; sticky mucus.
2. Fissures with numbness.
3. Offensive oozings.
4. Tendency to unhealthy obesity.

Oozing eruptions

By and large, Graphites is a skin remedy. Eruptions oozing out a thick, honey-like fluid require Graphites. Such eruptions may be on any part of the body. These would be especially found on or beyond the ears, on the head, the face, the genitals or on the eyelids.

Oozing eczema

Graphites is indicated in eczema of the legs where there is a thick oozing of sticky fluid. Eczema of the eyelids, where the eruptions are moist and the margins of the lids are fissured, also requires Graphites.

Anal fissures and eczema

In eczema around the anus, in anal fissures with oozing,Graphites is a very useful remedy.

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Dysenteric constipation

In constipation where the stool is knotty and large, Graphites is indicated. The lumps in the stool are united by mucus threads at times. The passing of the stool is followed by pain.

Fissures — burning, tearing pain with numbness

Graphites is of great help in cracks in the female nipples, cracks around the mouth, between the toes, in the ends of the fingers and on the labia. In the fissures which respond to Graphites the pain is burning. The skin is sore. There is a feeling of stitching and tearing. But more than anything else, there is numbness.

Crusty ulcers

On the skin where every little injury suppurates and ulcers discharge a glutinous fluid, Graphites is indicated. The ulcers are crusty and scabby.

Offensive oozings

There is a marked offensive smell in oozings in cases which require the use of Graphites. This offensive odour can be from the ears, in nasal discharge, the menstrual flow, ulcers and even in perspiration.

Thick, misshapen nails

An excellent use for Graphites has been found in the treatment of fingernails and toenails which become thick and grow out of shape.

Herpes

Graphites is useful in recurrent herpes upon any part of the body, but especially about the anus and the genitals.

Offensive flatus

From the anus, there is a copious discharge of very offensive wind all the time. Graphites helps.

Depression

Mentally the patient is depressed. He thinks only of death and salvation.

Graphites is a deep-acting, chronic remedy.

Recommended potency: 200, 1000. In case of sore nipples, apply mother tincture dissolved in water.

THE PATIENT IS

Better	*Worse*
1. In warm clothing.	1. From cold in winter.
2. In the dark.	2. From heat in summer.
3. Waking up.	3. In a warm room.
	4. In a warm bed.
	5. Morning; evening.

Hamamelis Virginica

Leading Indications

1. Haemorrhage; dark, clotted.
2. Veins full, enlarged, sore to touch. Varicose veins.
3. Protruding, bleeding, dark piles.

Haemorrhage; dark, clotted

Hamamelis takes care of severe haemorrhage where the bleeding is of very dark, clotted, venous blood. This haemorrhage can occur from the nose, the lungs, the bowels, the uterus, or the bladder. The resulting weakness is out of all proportion to the out-flow of blood. The patient is tired mentally as well as physically.

Weakening

Open wounds

In open, painful wounds, Hamamelis is of great use. There is weakness from loss of blood.

Haemorrhoids, bleeding, protruding, pulsating.

For local application in haemorrhoids, dark blood flowing profusely, with soreness, Hamamelis mother tincture is of great comfort. Even otherwise, the medicine in mother tincture form should be used on wounds when the blood is dark, besides internal use of 200 potency.

Haemorrhage in the eyeball

Hamamelis is an excellent remedy for ecchymosis of the eyeball, that is, when there is a small haemorrhagic spot forming a blue or purplish patch in the eyeball. There is pain, inflammation and ulceration in the eyeball.

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Dark, copious menstruation

When menses are dark, profuse and there is soreness in the abdomen, Hamamelis is required.

Swollen, sore veins

Varicose veins

Hamamelis has been called the Aconite of the veins. In cases of soreness of the veins,as if bruised, Hamamelis acts upon veins which are fully enlarged and sore. The pain in congested veins is pricking, stinging. (Arnica is the remedy for soreness of the capillaries). The skin is dusky, purple. The veins are sensitive to pressure. Varicose veins during pregnancy respond to Hamamelis.

Testes inflamed

Hamamelis is useful in orchitis, that is, inflammation of the testicles. It is indicated for inflammation of the spermatic veins.

Recommended potency: For local use,mother tincture. For internal use, 200.

Hepar Sulphuris Calcareum

ABSCESS WITH SHOOTING PAIN PIERCING PAIN

Leading Indications

1. **Tendency to pus formation. Abscess.**
2. **Stinging pain in pus-filled area.**
3. **Hypersensitivity to cold, to touch, to pain.**
4. **Sweats day and night without relief.**

Tendency to pus formation

Hepar Sulph is the medicine for abscess, for the tendency to suppuration. Every little injury suppurates. Accompanying this suppuration is shooting pain. Suppuration or pus formation can be on any part of the body. If it is accompanied by throbbing and shooting pain, it requires a dose of Hepar Sulph in a high potency of 200 and above. Hepar Sulph can abort pus formation if given at the earliest stage of suppuration. Later it will hasten the pointing and discharge and help in healing the ulcer.

Piercing pain

The pain in which Hepar Sulph is indicated is very severe, very sharp. Whether there is an eruption or a boil, when pus has been formed, the pain is so intense that it is unbearable. It feels as if a sharp stick is piercing the skin.

Disproportionate sensitivity to cold, to touch, to pain

A very important feature of situations where Hepar Sulph is a remedy is that the patient is chilly, is sensitive to cold and wants an unusual amount of clothing when in cold air. His sleeping room should be warm. He can tolerate a lot more heat than a person who is healthy and normal.

Sensitivity to impressions is a characteristic of a Hepar Sulph case. The patient is hypersensitive to touch, to pain, to cold air. Even if the pain is slight, the patient feels it and faints. On the inflamed parts even a touch of the hand is not bearable.

Cracked skin

Bleeding ulcers

Unhealthy skin requires Hepar Sulph. The skin is chapped, with deep cracks on the hands and the feet. Ulcers on the skin which bleed with shooting, piercing pain require Hepar Sulph.

Chronic urticaria

Hepar Sulph is needed for chronic and recurring urticaria.

Offensive sweat

Non-stop sweating

In persons where there is a constant offensive exhalation from the body, profuse sweat which is sour and offensive, Hepar Sulph is indicated. Patients who sweat day and night without relief are greatly helped by Hepar Sulph.

Hepar Sulph Vs. Sulphur

In Hepar, the skin is unhealthy, suppurating, moist and intensely sensitive to touch. In Sulphur, the skin eruptions are dry, itching and not sensitive to touch.

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Removal of foreign bodies from skin

Hepar Sulph can take out foreign bodies known or unknown under the skin. In this it compares well with Silicea.That remedy is also capable of creating inflammation and suppuration in order to remove little foreign bodies that cannot be easily located.

Hepar Vs. Silicea

Hepar Sulph and Silicea are distinguished by the modality that a Hepar patient is better in dry, warm weather. He has general sweats night and day. A Silicea patient has profuse head sweats at night and his foot sweats are offensive. Gland suppurations of Silicea are slow while those of Hepar are sudden and rapid. A Silicea patient wants self-confidence. The Hepar patient is sensitive beyond all bounds of reason. In the treatment of suppuration, Hepar Sulph comes at a stage earlier than that of Silicea.

Stuffed nose

Hepar Sulph helps in cases where the patient's nose gets stuffed every time he goes out in the cold air. There is a smell like that of old cheese. Hepar Sulph 1 X will often start secretion and profuse drainage in stuffy cold.

Abscess in ear

Ruptured eardrum

The discharge of foul-smelling pus from the ears responds to Hepar Sulph. Pustules in the auditory canals require Hepar Sulph. In the middle ear, an abscess may form. The ear-drum ruptures. There may be bloody discharge with sticking, tearing pain in the inflamed ears.

Tonsillitis with shooting pain

When the throat is extremely sensitive to touch, it pains as if splinters are piercing the skin, and there is pus formation, Hepar Sulph is necessary. It is a must in quinsy unless the throat is purple whereupon Lachesis is needed. It is needed in chronic hypertrophy of the tonsils.

Splinter pains in swollen glands

In swollen glands with shooting, splinter pain, Hepar Sulph is almost the only remedy available. The suppuration and pain can be in the glands of the neck, the axilla, the groin or of the female breast. First there is a hard swelling with a feeling of sticks piercing it. Then comes a high inflammation and redness over the parts. Ultimately, there is suppuration and a consequent discharge. It may happen even in bones, around the roots of the nails and the ends of the fingers. Hepar Sulph is a great remedy in all such circumstances.

Labia abscess

For women, abscess of the labia with great sensitivity is helped by Hepar Sulph. Leucorrhea which is offensive and smells like old cheese, also requires Hepar Sulph.

Hepar Sulph Vs Aconite Nap

We have stated above that the Hepar Sulph patient is aggravated by cold air. This is so of the Aconite patient also. But in Hepar Sulph cases, the aggravation from cold air comes in the early-morning hours while in Aconite it happens in the evenings and after sleep.

Recommended potency: 200 and higher.

THE PATIENT IS

Better	*Worse*
1. In damp weather.	1. From dry cold winds.
2. By wrapping his head up.	2. From the least draught.
3. From warmth.	3. Touch.
4. After eating.	4. Lying on painful side.
	5. Early morning hours.

Hyoscyamus

INSANITY
CONVULSIONS
DELIRIUM

Leading Indications

1. Mania of a quarrelsome and obscene character.
2. Stupid muttering.
3. Violent convulsions all over.

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Convulsions all over, from eye to toe — violent

Hyoscyamus is of use in convulsions, and the trembling, quivering and jerking of all the muscles of the body. The convulsions come with great violence even in strong persons. Convulsions in women at the menstrual period. Convulsions during sleep. Convulsions during labour pains. Cramps in the toes, calves. Epileptic attacks ending in deep sleep.

Mumbling delirium

Acute and chronic

This medicine is indicated in insanity. In the delirium of fever, the patient is afraid of water, of running water. Hallucination and deep stupor alternate. The patient talks, mumbles and soliloquizes. His face is pale. He is very suspicious and jealous of others.

Violent, obscene mania

But at times, a patient is violent and beats people. Sometimes, he sings amorous songs, utters obscene words, takes off clothes in public. He does not know what he is doing. Passive mania alternates with the violent one.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. Stooping.	1. When lying down. 2. After eating. 3. At night. 4. During menstruation.

Hypericum

CRUSHED NERVES
TETANUS
INJURY TO THE
COCCYX

Leading Indications

1. **Injury to nerves.**
2. **Threatened tetanus.**
3. **Crushed fingertips.**
4. **Punctured wounds.**
5. **Effects of shock.**

Injury to nerves, to parts rich in nerves

When there is injury to sensitive nerves, Arnica is the first remedy; but it should be followed by Hypericum. Arnica is to be used in the acute stage until soreness and bruised conditions have disappeared from the parts. But when an injury to the nerve has taken on inflammatory symptoms, Hypericum comes in. If a finger-end or toe has been bruised or lacerated,or a nail has been torn, or when a nerve has been pinched between a hammer and the bone with a blow leading to its inflammation, Hypericum is the indicated medicine. It is needed for fractured skulls with bone-splinters.

Hypericum has stitching, darting pain, pain shooting up from the seat of injury.

Prevents tetanus

In many such cases there is a fear of tetanus. The pain from the nerve is severe; it comes and goes, it shoots from the point of injury towards the whole body. This is a threatening tetanus situation. Hypericum prevents tetanus in such a case.

Neuritis of fingers, toes, hands, feet

Neuritis of toes, fingers, fingertips, with tingling and burning pain, responds to Hypericum. There is crawling in the hands and the feet.

Nail-punctures becoming chronic

Wounds caused by nails may not show a tendency to heal. They look dry and shiny on their edges. Inside, there is burning and stinging pain. Once again, Hypericum is needed.

Old scars injured

An old scar comes in contact with a hard body and is injured, torn internally. The pain is stinging and tearing. This requires Hypericum.

Ledum and Hypericum

Ledum comes a stage before Hypericum. It is a preventive medicine when accident happens to ends of fingers, if a patient steps on a nail or a splinter or something sharp goes into the foot. Punctured wounds on account of insect bites are all made safe by Ledum. Ledum prevents the shooting pain that comes in such cases and saves the nerves in advance. Thus in punctured wounds.

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give Ledum at once. If relief has not been obtained, Hypericum should be brought in.

Injury to coccyx — A very important site of action for Hypericum is the spine. Injuries of the coccyx respond well to Hypericum when the coccyx is black. There may

Coccydynia — be an abscess. These injuries are some of the most troublesome known to man. The pain is excruciating. Many women sustain injuries of the coccyx during labour. They should be administered Hypericum.

Spinal injuries — Even higher up the spine, an injury responds well to Hypericum and inflammation is prevented. Hypericum takes care of the fibres of the cord and of meninges.

Shock — Effects of shock are reduced by Hypericum.

Piles — According to Dr. M.L. Tyler, Hypericum should be used for bleeding piles, externally as well as internally, because the anus is a part rich in nerves.

Recommended potency: 200. For local application, mother tincture.

THE PATIENT IS

Better	*Worse*
1. Bending head backward.	1. In cold. 2. In dampness. 3. In fog. 4. In a closed room. 5. On least exposure. 6. By touch.

Ignatia

HYSTERICAL MOODS
EFFECTS OF GRIEF IN WOMEN

Leading Indications

1. Hysteria.
2. Changeable moods.
3. Spasms, convulsions born of fright or from excitement.
4. Nervous headaches.
5. Frigidity caused by grief.

Hysterical moods — Ignatia is preeminently a remedy for moods. It is the chief remedy for hysteria. The patient is full of glee and merriment, to be followed suddenly by the other extreme, of melancholy,

Suppressed grief — sadness and tears. Sobbing, sighing. The emotions alternate rapidly. There is no violence in Ignatia subjects.

Convulsions — Ignatia is an effective medicine for spasm or convulsions caused by excitement, depressing emotions or fright. Spasm following physical or corporeal punishment of children. Twitching all over the body. Chorea caused by fright, grief.

Headache of nervous persons — Ignatia is indicated in the headache of a hysterically nervous subject. Headache as if a nail is driven through the side of the head. Headache aggravated by coffee, smoking, alcohol etc. Headache of nervous women. Over-anxious, grief-stricken. Doing mental work. This headache often terminates with a profuse flow of urine. The patient gets relief by pressing the head.

Tonsils inflamed; small ulcers — Ignatia takes care of nervous sore throats. A lump comes up from the stomach into the throat and there is a choking sensation. Ignatia also helps in diphtheria and tonsillitis when pain and suffering is relieved by swallowing. Small ulcers on tonsils.

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Frigidity

Ignatia is a great help in female sexual frigidity born out of grief.

Rectal prolapse

Prolapse of the rectum, with sharp pain shooting upwards, shooting into the rectum needs Ignatia. On straining while passing stool, for which there is frequent desire, the rectum comes out.

Natrum Mur is the chronic of Ignatia. For use when the symptoms indicated above come again and again.

Recommended potency: 30, 200.

THE PATIENT IS

Better	*Worse*
1. By warmth.	1. From tobacco, coffee.
2. By soft pressure.	2. By cold winds.
3. By profuse flow of urine.	3. By slight touch.
4. By lying on painful side.	4. From anger; with fright.

Influenzim

PREVENTIVE IN INFLUENZA

It is a remedy made from influenza mucus. It is administered once a day in cases of severe cold and influenza. If taken in the beginning, the sickness would be aborted. Otherwise this medicine cuts short the duration of the sickness. It should not be taken more than once a day nor after the cure has been achieved.

Along with Influenzim, other selected medicines like Arsenic Alb, Bryonia, Eupatorium Perf or Gelsemium ought to be taken as indicated.

Recommended potency: 30, 200.

Iodine

HARDENED ENLARGED GLANDS ANYWHERE DWINDLING BREASTS

Leading Indications

1. Hypertrophy of glands, of liver, spleen, ovaries, testes, lymphatic glands, cervical glands, except the mammary glands.
2. The body withers while glands enlarge abnormally, excessively.
3. Dwindling of breasts.
4. Insatiable hunger all the time; emaciation inspite of much eating. Living well yet growing thin.
5. Adenoid vegetations.
6. Although emaciated, the person is warm-blooded and wants a cool place to move, to think or work in.
7. Anxiety felt both in mind as well as in body: to kill somebody.

Enlargement of glands

Hypertrophy, that is, an abnormal enlargement an excessive growth, in the case of glands except the breasts, indicates the use of Iodine. While the mammae dwindle, all other glands like liver, spleen, ovaries, testes, lymphatic glands, cervical glands, mesenteric glands, glands under the arms, in the groin and in the belly, enlarge. Surprisingly, while the body withers, the glands enlarge. The glands grow in proportion to the dwindling of the body and the emaciation of the limbs. The muscles shrink. The skin wrinkles. The face of the child looks like that of a little old person. This can happen in many types of sickness. Iodine is the remedy.

Iodine is suited to dark-haired, dark-eyed, dark-skinned persons.

Impulse to kill

The mental state of the patient is important. It is that of excitement, anxiety, impulsiveness or

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melancholy. He wants to do something, wants to hurry. He wants to hurry and kill. The patient is hot-blooded. The impulse to do violence is sudden. The Iodine patient cannot keep still and so he walks night and day. He fears that some dreadful event is approaching. His mind threatens to give out. Insanity looms large. His impulse to kill is not from anger, not from any sense of injustice; it is without any cause.

Man in a hurry

Forgetful

The Iodine patient becomes weak in mind as well as in body. He is forgetful, cannot remember little things. He forgets to take along the packages that he has purchased.

Throbbing in parts of body

An interesting indication of the use of Iodine is that the head throbs, the body throbs; there are pulsations all over and the throbbing extends to the finger-ends and the toes. There is throbbing in the pit of the stomach, heavy pulsations felt in the arm, pulsation in the back, throbbing in the temporal bone. There is congestive headache with violent pain.

Voracious hunger

The Iodine patient is always hungry. He eats and eats and feels relieved when eating. Yet he shrivels.

Oedema of eyes etc.

He sees optical illusions in bright colours. His eyelids are swollen. His face under the eyes is swollen. The eye-balls protrude outside their sockets.

Enlarged tonsils

Adenoids

Enlarged tonsils in hungry, withered patients need Iodine. There are pus-filled patches along the tongue. White-velvety, white-grey or pale ash-coloured exudations come upon the sore throat, all over the mucous membrane of the nose and all over the pharynx. Acute nasal engorgements may occur. Adenoid vegetations. Iodine is needed.

Goitre Enlarged thyroid

Iodine is needed in goitre, with sensation of constriction. There is eustachian deafness. The thyroid is enlarged. The vulva is swollen. The sub-maxillary glands are swollen.

Enlarged heart

Enlargement of glands also leads us to the use of Iodine in enlargement of heart.

Myocarditis, painful compression around heart, requires Iodine. The heart feels squeezed by an iron hand. Acute affections of the respiratory organs, rapidly extending pneumonia require Iodine.

Hypertrophy of liver

From overeating comes indigestion because assimilation of food is not there. The liver and the spleen become hard and enlarged and the patient becomes jaundiced. The stool is hard, lumpy and white, clay-coloured, sometimes soft. Give Iodine.

Enlarged uterus, ovaries

Dwindling breasts

Swelling, enlargement and hardening of the uterus and ovaries is cured by Iodine. It has cured the dwindling of the mammary glands and caused them to grow plump with an increase of flesh upon dwindling patients. Uterine leucorrhoea with swelling and induration of the cervix is helped by Iodine.

Ovaritis

There is a wedge-like pain from an ovary to the uterus. This is ovaritis. Iodine is indicated.

Gout and enlarged joints

Shriveled patients

In old gouty constitutions, with enlargement of the joints, where the patient was once healthy, fleshy and where he has become lean now, where even food does not seem to help, where the patient wants a cool room, where his joint pain is aggravated from warmth of the body, administer Iodine. Such a patient has oedema of the hands and of the feet.

Recommended potency: mother tincture for keeping wounds clean and disinfected. For bites of insects, reptiles, etc. gun-shot wounds and compound fractures. Great disinfectant.

30 potency for internal use.

contd .....

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THE PATIENT IS

Better	Worse
1. Walking in open air.	1. When quiet. 2. In a warm room. 3. Right side.

Ipecacuanha

NAUSEA
ASTHMA
WHEEZING

Leading Indications

1. Persistent nausea.
2. Nausea in any sickness.
3. Chest infection of infants.
4. Wheezing. Bronchitis.
5. Fermented stools.
6. Asthma, chronic or acute.
7. Intermittent fever with nausea.
8. Amoebic dysentery.

Persistent nausea

One cannot think of treating persistent nausea without Ipecac. This is a nausea in which there is no relief by vomiting. The patient is as sick after as before. The second major problem for which Ipecac is a great cure is a chest complaint, bronchitis in infants, bronchitis with coarse rattling. Ipecac is also a remedy for infections of the upper respiratory tract wherein a peculiar wheezing sound is produced on breathing out. Old incurable cases of asthma are relieved by Ipecac. Ipecac is useful in uterine haemorrhages.

Bronchitis of infants

Nausea in any sickness

A patient who suffers from nausea in any sickness, whether or not connected with the gastric system, requires a dose of Ipecac.

Pregnancy nausea

Women vomit during pregnancy. At that time, think of Ipecac.

Gastritis

Unyielding cases of gastritis where even a drop of water will not stay down, are in need of Ipecac. The patient vomits everything that he takes. There is a sharp pain in the stomach, going from left to right, and pain in the back. The vomit consists of bile. The nausea is without a pause.

Indigestion from fatty food

Like Pulsatilla, Ipecac is indicated after taking indigestible food like raisins, cakes and fats. For children particularly, Ipecac can avoid the development of the trouble into an obstinate gastroenteritis or cholera infantum, if a dose in 200 potency is given. There is colic pain, cutting pain, going from left to right. In such cases, the stool is characteristic. It is fermented, foamy like yeast; there is mucus. The colour is grass-green and sometimes blood is present. In Pulsatilla cases, the tongue is often coated, while in Ipecac cases, the tongue is, by and large, perfectly clean.

No food stays in

In gastric disturbances, as Dr. E.B. Nash has put it, Pulsatilla may be considered a better choice while the food is in the stomach and is not being thrown out. Ipecac would be the choice when even after the food is out, the nausea persists.

Bronchitis with nausea

The Ipecac affections of the respiratory organs also are accompanied by nausea. During nausea, the face turns pale, the eyes sunken, with blue margins. A violent degree of dyspnoea, of difficulty in breathing with wheezing and a great weight on the chest accompanies bronchitis.

Wheezing

For wheezing, the first medicine to be thought of is Ipecac. (If there is coarse rattling and there is accumulation of mucus in the chest, the indicated medicine is Antim Tart 200, 1000).

Asthma

Ipecac is invaluable in respiratory problems, where there is a constant constriction in the chest. The patient suffers from asthma. There is incessant cough which is violent. He has to cough with every breath. Before the mucus has been

Difficult expectoration

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formed, Ipecac gives tremendous relief. Later, when the chest appears to be full of phlegm which does not come out on coughing, Ipecac still helps. There may be a complete loss of voice called 'aphonia'. At times, there is bleeding from lungs with nausea besides the feeling of constriction. An asthma patient should always have Ipecac 30 and Aconite 30 with him. The two medicines can be alternated when the attack comes, and continued at 15 minutes interval till the patient obtains relief.

Infantile pneumonia

As stated above, Ipecac is a great friend of the infant. In infantile pneumonia where the chest is loaded with mucus, where there is rapid, wheezing respiration, where the face is turning blue or pale, Ipecac should be instantly administered.

Acute bronchitis of infants

In infants, bad colds end in chest troubles, which are characterised as bronchitis. There is cough, with pain below the ribs. There is a coarse rattling which can be heard throughout the room. The trouble comes on pretty rapidly. The child looks pale and sick. Ipecac gives him comfort. If there is too much of rattling, Antimonium Tart 200 is also needed. Ipecac symptoms come hurriedly as acute symptoms while the Antim Tart symptoms come on slowly. That is the difference, besides the extent of rattling, in the use of these two medicines.

Whooping cough

For whooping cough, administer Ipecac when there is nausea, violent whooping, convulsions, thirstlessness, spasms, a red face and vomiting of all food taken in.

Bright red haemorrhage with nausea

Active, profuse, bright red haemorrhage from any orifice of the body responds well to Ipecac. The haemorrhage can be from the nose, the lungs, the stomach, the womb, the kidneys, the bladder or the rectum, ever accompanied by nausea and heavy breathing.

Uterine haemorrhages

When there is a sudden uterine haemorrhage, gushing blood flowing in large quantities, invariably accompanied by nausea, Ipecac is the remedy. There is a pain from the navel to the uterus. The blood is bright red.

Amoebic dysentery

Ipecac is of great use in amoebic dysentery with tenesmus. When the patient strains to let the stool out, he feels nauseated. The pain is cutting. It is worse around the navel. The patient is almost constantly on the commode but passes a little slime, a little blood each time.

Headache with nausea

Headache with nausea is relieved by Ipecac. The pain in the skull-bone is crushing and extends to the teeth and to the root of the tongue.

Fever with nausea

Fever, particularly intermittent fever which comes with periodicity, when it is accompanied by nausea is relieved by Ipecac. In a typical Ipecac fever there are chill as well as heat, nausea, vomiting and breathlessness.

In Ipecac cases thirstlessness is common.

Recommended potency: 200, 1000.

THE PATIENT IS	
	Worse 1. In moist, warm weather. 2. Lying down. 3. Intermittently.

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Kali Bichromicum

SINUSITIS
EARACHE
CHRONIC COLD

Leading Indications

1. Severe sinus pain.
2. Tough, ropy, green discharge inwards from nose. Chronic colds.
3. Pain at the root of the nose.
4. Pain over a small spot in the head, in the eye.
5. Alternation between catarrh and rheumatic pain.
6. Round, deep, punched-out ulcers.

Sinusitis

Kali Bi is one of the finest remedies for the treatment of sinusitis, in diphtheric croup and in chronic, old cold cases. The mucous membrane of the nose responds to the administration of Kali Bi in acute as well as chronic cases. The discharge is tough, stringy, green and goes inwards into the throat.

The mucus is very difficult to take out. The patient can be heard from a distance trying to take it out but without success. One dose of Kali Bi loosens this mucus.

There is pain in the sinuses. There is neuralgia in the orbits above the eyes. The sense of smell has been lost. The nose is stuffed. At times, there is violent sneezing. The patient suffers from chronic inflammation of the frontal sinuses. Only Kali Bi gives relief and cure to such a patient.

Pain at the root of the nose

Supra-orbital neuralgia

Earache

Some other symptoms are also there in cases of the type indicated above. There is headache above the eyebrows. In the frontal bone, above the nose and between the eyes, there is continuous, aching pain. More so on the right side. The bones and the scalp feel sore.

When the eyes discharge ropy and yellow mucus; when the ears are swollen, have sharp stitching pain, often with thick, yellow and stringy discharge, Kali Bi comes in to help. In a descending aircraft excruciating pain comes in the ears. This requires a dose of Kali Bi half-an-hour before descent. Its use over a few days eliminates this discomfort because the sinuses are cleared of the tough mucus.

Tonsillitis

Tonsils are inflamed, swollen, red. The uvula is bloated like a balloon but relaxed. There is intense pain at the root of the tongue. Tough,ropy mucus flows down the throat. Use Kali Bi.

Green, ropy discharges from anywhere

Kali Bi cures thick, ropy and green discharges from the nose, the mouth, the fauces, the pharynx, the larynx, the trachea, the bronchia, the vagina and the uterus. From any mucous membrane.

Ulceration of mucous membranes

Kali Bi cures ulceration of the mucous membranes. These ulcers form as a consequence of the ropy, green discharge, have regular edges, as if cut with a punch. At times, tough membranes form. Kali Bi takes care of them.

Chronic cold

In chronic cold with the other symptoms indicated above, there might be formation of tough, green, hard plugs in the nose. Simultaneously, there is a flow of thick,ropy mucus into the throat. Kali Bi is indicated.

Diphtheric croup

Similarly, diphtheric membranes formed in the throat and extending downwards into the larynx respond very well to Kali Bi.

Headache

When headache is preceded by blindness, Kali Bi has been found to be an effective remedy. The blindness disappears after the headache begins. The pain settles in a small spot and is intense.

Perforated septum

Think of Kali Bi in perforation of the septum.

Kali Bi is also of great help in the following conditions:

Intestinal ulcers

Chronic intestinal ulceration with cutting pain in the abdomen soon after eating.

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Ropy mucus in urine — Ropy mucus in urine. After urinating, a drop seems to remain which cannot be expelled. There is pain in the coccyx before urinating, with relief thereafter.

Tenacious leucorrhoea — A yellow, ropy and tenacious leucorrhoea, with intense itching of the vulva.

Sciatica — left-sided — Left-sided severe sciatica. Better – motion. Worse – hot weather. Tearing pain in tibia. Wandering rheumatic pain in joints with swelling, heat and redness. Cracking in joints.

Wandering rheumatic pains

Pain in the heels — Tendo-Achilles; tendon is swollen and painful.

Soreness of heels with weakness. Pain along the bones is worse on exposure.

Scalp eczema — Eczema of the scalp, with thick, heavy crusts oozing a thick, glutinous substance.

Sudden, fleeting pain — Like Belladonna, the Kali Bichromicum pain appears and disappears suddenly. Like Pulsatilla, this pain flits from place to place in the body. However, in Pulsatilla the green mucus is bland and comes out easily in direct contrast to Kali Bi mucus which is difficult to take out.

Recommended potency: 200. Higher in severe sinus pain.

THE PATIENT IS

Better	*Worse*
1. From heat.	1. In the morning. 2. In hot weather. 3. While undressing. Catches cold quickly. 4. Sensitive to cold.

Foot Note:
In 'Crocus' the haemorrhage, from whatever outlet, forms long, black strings as against the green ropes of Kali Bi discharges.

Kreosotum

Leading Indications

1. **Decayed teeth.**
2. **Dentition cholera.**

Painful dentition — Painful dentition and rapid decay of the teeth require Kreosote.

Decaying teeth — The teeth decay as soon as they come. Bad teeth and gums right from childhood. The teeth are dark, crumbling. The gums are painful, spongy, dark-red or blue. Kreosote is indicated.

Teething cholera — Severe cholera in infants connected with painful dentition, with green stool, dry skin, exhaustion and nausea is brought under control by Kreosote.

Recommended potency: 30.

Lachesis

PARALYSIS
TONSILS PURPLE
HYPERTENSION

Leading Indications

1. **Purple surfaces. Coagulation of blood below the skin. Purple, inflamed throat, tonsils.**
2. **Constriction. Must loosen everything. High blood pressure.**
3. **Left-sided problems. Paralysis.**
4. **Persistent, easy bleeding.**
5. **Worsening at climacteric.**
6. **Aggravation in sleep.**

Lachesis treats the worst of throat problems, hot flushes of women during menopause, and diphtheric paralysis. It is indicated in high blood pressure with constriction and in heart disease when the face is purple and bloated. Also religious insanity.

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LACHESIS

Purple surfaces

As a red inflammation leads us to use Belladonna, so Lachesis is to be thought of when the colour is purple. The face is purple; the eyes are engorged. An inflamed spot is purple and so are the inflamed glands. Ulceration bleeds, blood coagulates and the surface looks purple. There is extreme sensitivity to touch. The throat is purple and not red because the blood under the skin has coagulated. There is nothing like Lachesis if these indications are present.

Constriction anywhere

'Constriction' is present in most problems where Lachesis is indicated.

Easy bleeding

Bleeding cancers

Lachesis is a snake poison and in pure form decomposes the blood,making its flow easy. In haemorrhage, it cures such circumstances. Persistent bleeding, easily started. Cancers turn bluish-black, bleed copiously, frequently. and burn.

A Lachesis patient suffers an aggravation in the spring when he goes from cold weather into milder weather. He is worse at the end of sleep or on taking a warm bath. He is afraid to go to sleep because he worsens.

Religious mania

A Lachesis patient suffers from insanity in which religious feelings overwhelm. He is loquacious. He believes that he is in supreme human control and is obeying commands issued by spirits. He thinks that he has a hot-line to GOD. Such a patient is full of conceit, envy, hatred, revenge and cruelty.

Loquacity

Another may be ecstatic, prophetic and be in a trance.

Still others have jealousy without basis. An unnecesary apprehension of the future.

Lachesis is needed to cure a mania to go on talking, sense or nonsense. Volubility with a puzzling lack of sequence.

Quinsy. Suppuration

Purple throat in tonsillitis

As mentioned above, Lachesis has an excellent effect in throat problems. The pain starts left, runs from throat into the ears. The patient feels so choked that he wants to loosen his collar. Quinsy has set in. There is difficulty in swallowing liquids. Hot drinks are uncomfortable. The throat is painful to the touch. Swallowing saliva or liquids aggravates the pain more than the swallowing of solids. The throat looks purple.

Chronic ulcerated sore throat

Diphtheria

Lachesis takes care of a tendency to chronic sore throat and ulceration. Red and grey ulceration; deep ulceration; with patches full of pus. It is a medicine for diphtheria which commences on the left side and spreads to the right. The membrane is dusky, blackish. The inflammation of the tonsils also spreads in a similar fashion. At the same time the pharynx might be full of thick, white, ropy mucus in the morning. (Thick, green, ropy mucus would indicate Kali Bi.) Paralysis of the vocal cords, when the voice is lost, needs Lachesis. The larynx is sensitive to the slightest touch. It is constricted.

Paralysis of the vocal cords

Any disease which spends its main force in the throat, whether pneumonia or typhoid, responds to Lachesis.

In chronic heart problems. High B.P.

In heart problems, acute or chronic, the patient suffers an attack of suffocation. His cough comes with pain in the anus or with stitches in the piles if he has them. He feels constriction. His blood pressure is high. There is a rush of blood to the head. The patient has palpitation. His feet are cold.

Suffocating asthma

Similarly in an attack of asthma, where there is a sudden flush of heat, orgasm of blood, threatened paralysis of lungs or heart, where the patient wants to loosen clothes to prevent suffocation, Lachesis should be thought of.

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Severe croup

Desperate cases of croup where the child gets worse in sleep, are cured by administration of Lachesis.

Climacteric

Menopause in women is seldom trouble-free. They suffer from flushes of heat, uterine haemorrhage, palpitation, fainting spells and suffocation in warm rooms. These women experience pressure on the vertex; even burning. The patient dislikes the pressure of clothes. She has haemorrhoids. Lachesis is a sure remedy.

Mammary, ovarian inflammation

Purple inflammation, maybe cancerous, of the mammae is relieved by Lachesis. So is inflammation of the left ovary where the ovary is swollen, painful and hard. Cancer of the left ovary spreading to the right from left needs Lachesis.

Varicose veins in pregnancy

Lachesis relieves varicose veins during pregnancy. Blue or purple, very sensitive to touch, but relieved by pressure.

Sunstroke

Lachesis is a great remedy for headache which comes after a person has moved in the sun. But to relieve the immediate effect of sunstroke, Glonoine is the first remedy. If a person gets headache on the least exposure to the sun's heat, use Lachesis as a chronic cure.

Facial neuralgia

Lachesis relieves trifacial neuralgia on the left side with heat running up into the head. There is tearing pain in the jaw-bones. The face is purple, swollen and looks jaundiced.

Very low backache

Neuralgic pain in the coccyx is relieved by Lachesis if the pain is worse on rising from a sitting posture and better on sitting perfectly still.

Paralysis

Paralysis of the left side of the body, later extending to the right side responds well to the use of Lachesis.

Purple, swollen gums

In gum problems, Lachesis follows Merc Sol very well. The gums are swollen, spongy and bleed easily. When the gums turn purple, Lachesis is to be used.

Erysipelas
Malignant boils

Lachesis is a remarkably effective remedy for erysipelas, for malignant boils and gangrenous affections. The affected parts have a purple appearance. The patient is sensitive to touch. There is swelling, bluish turning into black.

Recommended potency: 200 and higher. Not to be repeated frequently. Two doses per day.

THE PATIENT IS

Better	*Worse*
1. Loosening clothes.	1. In spring.
2. By onset of discharge, for instance, menses, nasal flow.	2. At the end of sleep. During sleep.
3. Warm application.	3. On taking a warm bath.
	4. Taking hot drinks. Swallowing liquids.
	5. By touch.
	6. In a warm room.
	7. On the slightest exertion of the mind.
	8. On closing eyes.

Lactic Acid

DIABETES MELLITUS

Lactic Acid is an important remedy for diabetes mellitus. It is specially indicated if in addition to the thirst, there is voracious hunger. The patient passes profuse urine loaded with sugar. There are rheumatic pains in the joints. High potencies are very effective, although these should not be repeated often.

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Recommended potency: 30, 200. Over a considerable period of time.

Ledum

TETANUS
ASCENDING
RHEUMATISM

Leading Indications

1. Punctured wounds.
2. Rheumatism; pain travelling from feet upwards. More severe in lower limbs.
3. Swelling pale, not red.
4. Nodosities in joints. Very painful.
5. Coldness relieved by cold.

Completes cure after Arnica

In injuries where Arnica has not completed the cure, Ledum comes in to finish the job and heal. For a black eye caused by a blow or bruise, Ledum is better than Arnica.

Punctured wounds Insect bites. Animal bites

In punctured wounds caused by, say, the sticking of a nail into the feet, for stings of insects and animal bites where the periosteum, (that is, the specialised connective tissue covering all bones and having bone-forming potentialities) is wounded, Ledum is more effective than anything else.

Prevents tetanus. Prophylactic

The moment there is a punctured wound, give Ledum. It prevents tetanus. If the tetanus develops, Hypericum is needed.

Ascending, acute, and chronic rheumatism

Rheumatism which begins in lower extremities and travels upwards responds to Ledum. Gouty pain shoots up through the feet, the limbs and the small joints. The joints are swollen, hot and pale. There is throbbing pain in the right shoulder, worse on motion. Ankles sweat. The soles are painful. The ball of the great toe is swollen.

Pain in soles, in big toe

Ledum is indicated in both chronic and acute rheumatism which begins in the feet and travels upwards. In acute form the joints are swollen, hot and pale (not red). The pain is worse at night and in the heat of the bed. The patient wants to take off the cover. This is like Mercurious, but with that medicine there would be profuse sweating without relief and great salivation in the mouth.

In a chronic case, beside the symptoms indicated above, hard nodes form in the joints of the feet first, then hands. The patient can hardly step on his soles; so painful are these. The periosteum of the phalanges is painful on pressure.

Knee-joint — rheumatic inflammation

Ledum specially singles out the knee. It is suitable in chronic cases for rheumatic inflammation of the knee-joint.

Patient unnaturally cold

A rheumatic patient who responds to Ledum is unnaturally cold. He lacks vital or normal heat; yet, he dislikes the heat of the bed. This coldness is in Silicea as well but there the patient wants to be covered warmly. The Ledum patient, although suffering from rheumatism, gets relief from putting his feet into cold water. His hands, face and feet are bloated. The skin is purple. His look is besotted.

Pain relieved by cold

"Ledum is a desperately chilly remedy, with its pains relieved by cold".

Recommended potency: 200, 1000.

THE PATIENT IS

Better	*Worse*
1. By uncovering.	1. At night.
2. Putting feet into cold water.	2. In the heat of the bed.

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Lycopodium

INDIGESTION
FLATULENCE
CONSTIPATION

Leading Indications

1. Indigestion on intake of food which ferments inside.
2. Flatulence pressing downwards. Distension like a drum.
3. Chronic liver trouble with flatulence.
4. Impotence.
5. Dry catarrh.
6. Failing brain power.

Flatulence

Lycopodium is most useful in troubles relating to digestion. These troubles arise from the consumption of food which ferments in the digestive system. That is why Lycopodium relieves a bloated and full abdomen wherein the wind is pressing downwards.

It may not be out of place to mention here that flatulence pressing upwards is relieved by Carbo Veg. Over-all flatulence is relieved by China. Flatulence pressing downwards is relieved by Lycopodium.

When even a small intake of food creates a feeling of flatulence, Lycopodium is indicated. Food tastes sour in such cases and there are burning eructations.

When the patient experiences incessant fermentation of food in the abdomen, as if yeast is in action, we should think of Lycopodium.

Dr. J.T. Kent has described the flatulence of the Lycopodium patient in the following words: "Distended like a drum so that he can hardly breathe. The diaphragm pushed upwards, infringing upon the lungs and heart-space so that he has palpitation, faintness and dyspnoea." Everything that such a person takes turns into wind. The pressure is downwards.

Chronic liver trouble

Patients of chronic liver trouble suffer from flatulence quite often. They have pain shooting across the lower abdomen from right to left. The liver is sensitive. At times, there is dropsy due to a sluggish liver. There are brown spots on the abdomen. Lycopodium is the medicine in such cases.

Chronic appendicitis

For chronic appendicitis, use Lycopodium. Pain shoots across the lower abdomen from right to left.

Piles

Similarly, Lycopodium helps in cases of haemorrhoids, which are very painful to touch and which are found in patients with chronic liver trouble and flatulence.

Constipation — obstinate

In cases of constipation, Lycopodium helps if for days the patient has had no desire to pass stool. His insides are full but there is no urge. When the stool passes, the first part is hard but the later part is soft and gushing.

Impotence

Lycopodium has been found to be greatly effective in the cure of impotency. Dr. E.B. Nash puts it thus in his inimitable style: "An old man marries his second or third wife and finds himself not equal to the occasion. It is very embarrassing for the whole family. A dose of Lycopodium sets the thing right and makes the doctor a warm friend on both sides of the house." One dose of 10,000 potency once a week is advisable.

Vagina dry

Coitus painful

In women, Lycopodium is a remedy when the vagina is dry and on that account, sexual intercourse is painful. Not only that, there is burning in the vagina during and after coition.

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Varicose veins on vulva

Varicose veins of pudenda respond well to Lycopodium.

Eczema on ear, face, skull

Lycopodium is the medicine for eczematous eruptions behind the ears, on smooth hairless patches on the skull and on the face. The eruptions on the face are of copper colour. In these cases eczema is associated with urinary, gastric and liver problems.

Loss of self-confidence

Lycopodium helps when the patient is melancholy, apprehensive, is confused, and has lost self-confidence. His brain power is failing. He is irritable and peevish; he cannot endure opposition.

Memory failure

In old people when the memory fails, when an old person uses wrong words, spells wrongly and is unable to do ordinary mental work, Lycopodium is useful.

Catarrh–dry

Lycopodium should not be forgotten in chronic dry catarrh of the nose. At night, particularly, the patient has to breathe through the mouth because the nose is completely blocked.

Wheezing child

In infants, the chest is full of mucus and rattling noises are heard. The child wheezes while breathing out. Lycopodium helps.

Recommended potency: 200. But in not-too-frequent doses.

THE PATIENT IS

Better	*Worse*
1. After midnight.	1. In the afternoon, 4.00 to 8.00 p.m.
2. In motion.	2. After eating.
3. In cool, open air.	3. In a warm room. Heat. Hot air. In bed.
4. From being uncovered.	4. From right to left. From above downwards.
5. In throat and abdomen by warm drinks.	5. From warm application except throat and abdomen.

Magnesia Phos

NEURALGIC PAIN
CRAMPS

Leading Indications

1. Cramping pain everywhere. Cramps.
2. Colic which forces the patient to bend double.
3. Relief from hot application.
4. Neuralgia, numbness and stiffness.

Lightning cramps. Antispasmodic remedy

Cramping, neuralgic pain anywhere in the body responds to Mag Phos. It comes and goes like lightning. Hence Mag Phos is an important remedy for neuralgia. The pain is throbbing, cutting, piercing, stabbing, knife-like and shooting.

Neuralgia

Such pain is often experienced in the stomach, the abdomen or the pelvis. Neuralgia of the face comes from exposure to cold. Pain in the spinal cord. Cramps from prolonged exertion.

Stiffness, numbness of nerves from exertion

Stiffness, numbness of a nerve from long exertion needs Mag Phos. Writer's cramp needs it. And so do cramps in the fingers of writers, violonists, pianists.

Relief from hot application

Another important characteristic of Mag Phos is that the patient is relieved by hot application. This is so for Arsenic too. But Arsenic has burning pain, not so Mag Phos.

Paralysis agitans

In voluntary shaking of the hands, Mag Phos gives relief. There is weakness in the arms and in the hands. Fingertips are stiff and numb.

Acute rheumatic pain

Violent pain in acute rheumatism, ameliorated by heat and neuralgic pain in the limbs are relieved by Mag Phos.

Cramps in flatulent colic

A very important use of Mag Phos is in treatment of flatulent colic which forces the patient to bend double. There is relief by rubbing, from

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Cramps in cholera, in dysentery

warmth and pressure. Belching does not give relief. Mag Phos helps here as well as in cramps in dysentery and cholera.

Painful menstruation

For painful menstruation, Mag Phos acts more quickly than Pulsatilla or Cimicifuga. The pain is of a purely neuralgic character. It ceases when the menstruation flow begins. Painful menstruation with cramps responds to Mag Phos.

Recommended Potency: 200, 1000.

THE PATIENT IS

Better	*Worse*
1. By heat.	1. In the cold.
2. By pressure. By rubbing.	2. From cold weather.
	3. From prolonged exertion.

Mercurius Corrosivus

ACUTE BLOODY DYSENTERY TENESMUS

Tenesmus remedy

Leading Indications

1. Tenesmus. A never-get-done feeling.
2. Bloody dysentery, acute, violent.
3. Forcing out pain in eyeball. Iritis.
4. Violent sore throat, sore eyes.

If there is one word which leads us to the use of Merc Cor, it is 'tenesmus', a 'never-get-done' feeling.

The tenesmus of the rectum is incessant. It is not relieved by stool. It is so uncomfortable.

The tenesmus of the bladder is not relieved by passing urine. The feeling is continuous and often comes in Bright's disease.

Acute dysentery, violent and bleeding, burning

Merc Cor is a remarkable medicine for dysentery which is violent, has profuse bleeding and in which the patient can hardly leave the commode in between two evacuations. This urge to continue passing stool, or for that matter urine, is not there in the other important remedy for dysentery, that is, Merc Sol, nor in Nux Vomica.

In the Merc Cor dysentery, there is great burning in the rectum. The onset of the disease is violent and it spreads rapidly. The stool is hot, bloody and slimy. This patient needs full bed-rest.

Urinary tenesmus

The tenesmus of the bladder and the rectum occurs at the same time in most cases. Urine is passed in drops and with a lot of pain.

Eyes sore and painful

Iritis

The patient may have pain beyond the eyeballs as if something is forcing them out. A watery discharge from the eyes that is corrosive. The iris is muddy in colour. It neither contracts nor dilates. It is inflamed (Iritis). The eyelids are swollen, red and excoriated. There is burning. The eyes are sore. Merc Cor is the remedy. It helps in both trachoma and conjunctivitis when the inflammation is acute, violent and red. Very painful.

Throat intensely inflamed

In the throat, the uvula is swollen. The throat is red, intensely inflamed, burning and painful. Sharp tearing pain runs into the ears. Swallowing is painful.

As stated earlier, in dysentery, in problems in the ears as well as in the throat, Merc Cor pain is violent, spreads rapidly and has intense burning.

Gonorrhoea

Swollen penis and testes

In men Merc Cor helps if the penis and the testes are swollen. It helps in the second stage of Gonorrhoea where the opening of the urethra is red and swollen. The glans penis is sore and hot. There is a greenish, thick discharge. There is burning and persistent tenesmus.

Albuminuria in pregnancy

Merc Cor is specific for albuminuria of pregnancy.

Merc Cor is a remedy which takes over where Merc Sol leaves. Merc Cor goes deeper.

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Recommended potency: 30. Higher potency can be used in acute cases but for a short while. The medicine is powerful.

THE PATIENT IS

Better	Worse
1. At rest.	1. In the evening; at night. 2. Taking acids, pickles, fried food.

Mercurius Solubilis

SUPPURATION
ULCERATION
DECAY
MUCOUS
DYSENTERY

Leading Indications

1. Tendency to pus formation.
2. Tendency to ulcerate.
3. Sensitivity to heat, to cold.
4. Perspiration without relief.
5. Intense thirst, hunger.
6. Mucous dysentery; cutting colic.
7. Indurating glandular inflammation.
8. Fetid odour in saliva, in suppuration in throat, mouth, gums, ear discharge.

Pus anywhere

We think of Merc Sol in mucous dysentery, pus formation anywhere, particularly in the tonsils, gum problems, painful ulcers in the mouth and in a very uncomfortable running nose. A tendency to ulcerate, or to formation of pus, requires Merc Sol.

Temperature-sensitive patient

Sweat without relief

Mercury is sensitive to temperature, to heat and to cold. So is the mercurius patient. He is worse from extremes of both heat and cold. A warm room and a warm bed aggravate the problem and naturally his troubles are worse at night. The patient perspires profusely without relief. He experiences a creeping chilliness in fever. His skin is almost all the time moist because of day and night sweating. Persistent sweating without relief in any problem indicates Merc Sol.

Offensive odour

Pus formation

Thin, green pus

Mouth ulcers, blisters

Spongy, purple gums

Infected tonsils

In problems which can be dealt with by Merc Sol, an offensive odour rises all through whether it is in the urine or the stool or in the sweat. Nasal as well as mouth diseases have a fetid odour.

A remarkable cure of Merc Sol is of the tendency to the formation of pus. The pus is thin, green, foul smelling and sometimes streaked with thin blood. The abscesses burn and sting. (In case the pus has a shooting pain, the use of Hepar Sulph is advisable). Inflammations of joints, of cavities of the pleura have this pus.

Merc Sol does wonders in ulcers in the mouth, painful ulcers, where there is foul breath. There are blisters filled with pus or wounds which are painful. These ulcers can be on the gums, on the lips and the inside of the cheeks. The tongue is ulcerated and swollen. The teeth leave an imprint on the tongue. Fetid saliva needs Merc Sol. A foul odour from the mouth that can be smelt all over the room. In Merc Sol cases there is a great thirst for cold drinks even when the mouth is moist.

Swollen, itching, spongy and bleeding gums have their cure in Merc Sol. The teeth are loose, black or dirty. The gums are painful to touch. A sensation of severe itching or pulsation is felt in the gums and the roots. The gums have a blue-red margin or are purple in colour. Abscesses of the gums and of the roots of the teeth find a cure in Merc Sol.

In tonsils where pus has formed, but as yet there is no shooting pain, Merc Sol immediately gives relief. There may be fever with gripping chilliness and sweat. The condition of the patient is worse in the evening and worsens into the night. (If it is a shooting, digging pain, Hepar Sulph would be the remedy.)

The tonsils are swollen, red with pale patches. (If the tonsils in the throat turn purple, Lachesis

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would be the medicine). After pus has formed, swallowing is difficult, painful. At times, there is a complete loss of voice.

Mucous dysentery with cutting colic

For mucous dysentery, Merc Sol is the first medicine to be thought of. The stool is slimy, at times bloody. There is tenesmus, that is, a feeling of 'cannot finish', though not so severe and intolerable as in Merc Cor. This dysentery causes cutting colic in the abdomen, a rumbling distension, aches and pain.

Fetid otorrhoea

In ear troubles, where there is a foul-smelling discharge of green, thick and corrosive pus from the ears, Merc Sol is a cure. So, too, in otitis media with a ruptured drum. The ear infection causes stinging pain. In an overall view the remedy here is Merc Sol and not Apis.

Fetid coryza

A thick, green, yellow, corrosive and foul-smelling discharge from the nose is cured by Merc Sol. The nasal bones have been affected. There might be even a bloody discharge from the nose.

Non-stop thin-running nose reponds to Merc Sol.

Purulent ophthalmia

Cold spreads from the nose to the eye in patients suffering from gout and rheumatic pain. Purulent ophthalmia with swollen lids needs Merc Sol. In such cases, Iritis is cured by Merc Sol. It is also indicated for inflammation of the cornea.

Iritis

Inflammatory rheumatism

Inflammatory rheumatism with much swelling, aggravated by the heat of the bed and from uncovering responds well to Merc Sol.

Glandular hardness

Glandular inflammation with hardness requires Merc Sol. Inflammation of the mammae, the parotids (near the ear), sublinguals (beneath the tongue), lymphatic glands of the neck, groin and axilla, even the liver. Skin inflammations when hard need this remedy.

Merc Sol is a palliative in cancer of the mammae and of the uterus.

Intense thirst and hunger

The Merc Sol patient has an intense thirst for cold drinks. He is always hungry.

Recommended potency: 200 and above.

THE PATIENT IS

Better	*Worse*
1. From cold drinks.	1. In wet, damp weather. In cold, open air. 2. At night. 3. Lying on right side. 4. Perspiring. 5. In warm room, in warm bed.

Millefolium

INTERNAL BLEEDING

Leading Indication

Haemorrhage of bright red blood.

Millefolium is absolutely indispensable in various types of haemorrhages where the blood is bright red. The haemorrhage may occur from the nose, from the lungs, from the bowels, from the piles, in the urine, in protracted menses, from the uterus and so on.

Continued high temperature with blood-stained sputum needs Millefolium.

Recommended potency: 200.

Myristica

Leading Indication

Abscess.

Abscess

Myristica is more powerful than Hepar Sulph

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or Silicea in curing abscess. It hastens suppuration and cuts short the duration of the abscess. A surgical knife may not have to be used if a ripening abscess is treated with Myristica.

Pus in ear, in anal fistula, in phalanges

Inflammation of the middle ear when pus has been formed, anal fistula with pus, pain in the finger-nails with swelling of the phalanges, are all in need of Myristica.

Recommended potency: 200.

Natrum Muriaticum

NON-STOP CORYZA CHILL, INTERMITTENT FEVERS, ANAEMIA CHRONIC DEPRESSION

Leading Indications

1. Anaemia. Great debility.
2. Anaemia with palpitation.
3. Anaemia with headache.
4. Intermittent fever.
5. Numbness in lips, tongue, fingers, knees, legs, feet.
6. Dropsy. Oedema.

Anaemia

According to Dr. E.B. Nash, Nat Mur is one of the best homoeopathic remedies for anaemia. This anaemia can be caused by loss of fluids, by menstrual irregularities, by grief or mental diseases. The patient is pale, emaciated and in spite of eating very well he is anaemic. He suffers from a throbbing headache, soreness while climbing steps, exhaustion on physical exertion, constipation to some degree and overall depression. Some women have scanty flow of blood during menses.

Rapid heart-beat

In cases of anaemia which respond to Nat Mur there is always palpitation, great fluttering of the heart. It is an excellent remedy in tachycardia, that is, in cases of abnormally rapid heart-beat. Sensations of coldness of the heart and of constriction are present.

Violent coryza

Another effective use of Nat Mur is in cases of violent and fluent running nose, coryza which lasts from one to three days. Often, the nose gets stuffed making breathing difficult. Nat Mur is infallible for stopping a cold commencing with sneezing. There is loss of smell and taste.

Intermittent fever

In unyielding cases of intermittent fever, Nat Mur in 200 and higher potencies is of great help. Chronic malarial states with weakness, constipation, loss of appetite respond to Nat Mur. Around the mouth there could be pearl-like blisters.

Chronic malaria

Chill — periodic

Nat Mur is an excellent remedy for periodic chills. The chill can come everyday, every other day, every third or fourth day in the morning about 10.30 a.m. The chill begins in the extremities which become blue. There is a throbbing headache. The patient is thirsty for cold water, although he is suffering from great chill; but there is no thirst during fever. His teeth chatter. He rolls from side to side. His bones ache. The fever is so high that the fingers are scorching. The fever is relieved by sweat and so is aching. You can call it malaria or any other fever. The medicine is Nat Mur.

Headaches

In intermittent fevers a blinding headache, where the pain is that of a hundred little hammers knocking on the head, responds very well to Nat Mur. The headache comes after menstruation, lasts sunrise to sunset. The same is true of chronic headache and congestive headache which are present from sunrise to sunset. The patient would have simultaneously a pale face. He has nausea and even vomits. He is worse from noise, from music and from a warm room, worse even lying down. He feels better in the open air, from cold baths.

Depression

Mental depression on account of suffering in chronic diseases is an important symptom in cases

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where Nat Mur is indicated. The patient's depression is aggravated by consolation. (In Pulsatilla consolation soothes).

Cerebro-spinal dropsy

Nat Mur is useful in dropsy of the brain following meningeal diseases, in acute spinal meningitis, with chronic jerking of the head. It is useful in oedema of the lower extremities.

Numbness

Nat Mur is indicated in numbness and tingling in the fingers and the lower extremities of the knees, legs, feet. The palms are hot and perspiring. The ankles are weak and turn easily. Numbness in the lips and the tongue also responds to Nat Mur. Backache relieved by firm support needs Nat Mur.

Backache

Craving for salt

Abnormal craving for salt is taken care of by Nat Mur, thus proving the principle of 'like cures like.'

Obstinate constipation

Nat Mur helps in cases of constipation where there is an obstinate retention of stool. The rectum is inactive. The anus is torn and bleeding. The stool may come out in large masses, but is difficult to expel.

Mucous membranes dry

Dryness of the mucous membrane anywhere in the body responds very well to Nat Mur.

Nat Mur is a long-acting, deep-acting remedy which operates slowly and brings about its result after some time. But it does act in acute cases as well.

Recommended potency: 200 and higher.

THE PATIENT IS

Better	*Worse*
1. By pressure against back.	1. About 10 a.m.
2. Taking cold bath.	2. By heat. In a warm room.
3. In open air.	3. From noise, from music, from talking.
4. Lying on right side.	4. From mental exertion.
	5. From consolation.

Nitric Acid

RECTAL PROBLEMS
ANAL FISSURES
ULCERS IN
THE MOUTH

Leading Indications

1. **Cracks, splinter-pain in mucous outlets.**
2. **Anal fissures, fistula, haemorrhoids.**
3. **Splinter-pain, foul odour, tenesmus; wound not healing in rectum or anywhere.**
4. **Ever catching cold.**
5. **Foul-smelling urine, faeces, sweat.**
6. **Ulcers in mouth, in throat.**
7. **Patients broken by physical suffering.**

Problems relating to mucous outlets

The human body has many outlets where the mucous membrane and the skin meet. Any pain on account of problems in these regions is severe. It is a sticking pain. It is a pain as if somebody is piercing the surface with splinters. Nitric Acid is the remedy for problems of this type.

The skin and the mucous membranes join at the corners of the mouth, in the nose and at the anus. On the lips the corners crack, get ulcerated and swollen. In the mouth there are blisters with a lot of pus and swelling. The gums are swollen, ulcerated and spongy. Fissures occur in the canthi. Nitric Acid is the first remedy in such cases.

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NIT ACID

Mental state

Mentally, the patient requiring Nitric Acid is indifferent to all matters in life. He is tired of life. He is hopeless. He has been broken by long suffering, pain and sickness. His suffering is more physical than mental. Anaemia and emaciation are marked.

Always catching cold

This patient is sensitive to cold. He always feels chilly. All his symptoms are aggravated from loss of heat and in cold air. He is ever catching colds. No sooner does he get over one cold than he has another. There is coryza every winter. Nasal catarrh with offensive smell. Feeling of splinters in the nose. Obstructed, stuffed nose at night. Discharge yellow and offensive. Green crusts are blown out every morning. Administer Nitric Acid.

Sensitive to cold

Ulcers in the mouth

In the mouth if there are ulcers in the soft palate, with sharp splinter-like pain, Nitric Acid is indicated.

Ulcers in throat

In the throat when there are white patches with sharp pain, as from splinters, on swallowing, Nitric Acid gives relief.

Tearing toothache

Toothache which is tearing and which is aggravated from cold or warm things is relieved by Nitric Acid. The gums bleed easily. There is pulsation in the gums, in the evening and during the night. Nitric Acid helps in tooth decay. When Merc Sol fails in toothache, use Nitric Acid.

Glandular suppuration — chronic

Nitric Acid is an excellent remedy in prolonged suppuration in glands with no tendency to repair, and when there are sticking pains.

Anal fissures

For anal fissures, Nitric Acid is a medicine par excellence. There is severe pain after passage of stool, even soft stool.

Rectal problems

Rectal problems have a special affinity for Nitric Acid. The patient suffers from a feeling of splinters in the rectum. After stool there is still an urging; there is exhaustion. There may be painful

Anal fistula, fissures, carbuncles

Haemorrhoids

prolapse of the rectum. Nitric Acid is very effective in fistula, fissures, carbuncles, haemorrhoids and even cancer of the rectum, when the symptoms of splinter-pain, tenesmus, foul odour, and an inability to heal early are present. The patient cries out if somebody touches the affected parts. The haemorrhoids are painful to touch. These bleed externally as well as internally, at the time of passing stool. The discharge of pus and blood is copious.

Nitric Acid Vs Ratanhia for anal fissures

In cases requiring Ratanhia, there is a great constriction in the anus. There is burning like fire, temporarily relieved by cold water. The stool has to be forced with great effort. There are sudden knife-like stitches. The anus aches and burns for hours after stool. The rectum aches as if full of broken glass. Even in the stomach there is a pain like knives cutting deep. The cutting pain continues for hours after passing the stool under both the medicines. The burning feeling is absent in cases requiring Nitric Acid.

Offensive urine

Nitric Acid is a very effective remedy when the odour in the urine is offensive. The urine itself is dark. It smells like horse urine. There is burning and sticking on urination.

Gonorrhoea

Small ulcers on glans penis and on prepuce require Nitric Acid. A splinter-like sensation is present. Pimples, ulcers, herpes and crusts on the prepuce require Nitric Acid. The penis is in a constant state of irritability. Gonorrhoea.

Fissured nipples

A feeling of splinters in the nipples of a woman, when the nipples are fissured and tender, would respond very favourably to Nitric Acid.

Offensive discharges

Nitric Acid discharges are offensive, whether of the urine, faeces or perspiration. The patient bleeds easily, profuse, dark blood. His eruptions are foul-smelling; difficult to heal.

Easy bleeding

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Recommended potency: 30, 200.

THE PATIENT IS

Better	*Worse*
1. Riding in a carriage.	1. In the evening. 2. In the night. 3. In cold climate. 4. Hot weather. 5. From hot and cold drinks.

Nux Vomica

CONSEQUENCES OF FAST LIFE 3 A.M. INSOMNIA

Leading Indications

1. Hangover. Life of a jet-setter. Fast life.
2. Headaches with dyspepsia.
3. Blocked nose; dry snuffles.
4. Early morning insomnia.
5. Constipation, dysentery, colic, piles.
6. Menstrual cycles overlapping.
7. Urticaria with irritability.

Medicine for the modern man

In the entire homoeopathic materia medica if any one medicine has been used more than others, it is Nux Vomica. Quite often, it is essential to administer this medicine first after a patient has been prescribed many other medicines in the other systems without having been cured. But more than anything else Nux is a remedy par excellence for hangovers, dyspepsia, blind piles, colic and stuffy colds. It relieves gastric headaches.

The hangover remedy

Nux is the medicine for the modern man, the jet-setter. He is fond of late nights, intoxicants, normally leads a sedentary life and gets up with a hangover. He often keeps long office hours. In such a case, a dose of Nux Vomica before going to bed would take care of the sleeplessness and of the morning hangover with a heavy head and indigestion.

The best remedy in such cases as mentioned above would, of course, be to modify one's habits. But in case troubles have arisen on account of the habits indicated above, Nux Vomica is the cure for the problems arising out of the use of stimulants, the consumption of alcohol, narcotics, patent medicines, late nights, rich food and debauchery.

Striking sensitivity

Mentally, the Nux Vomica patient is over-sensitive to a striking degree. He is easily irritated. He cannot bear noise. He is over-sensitive to medicines. Such a person does not like to be contradicted, scolds others unnecessarily.

Headaches with constipation or piles

Nux Vomica is an excellent cure in headaches which occur along with gastric symptoms and with haemorrhoids. The headache increases from mental exertion, irritation, from fresh air or from the use of intoxicants and is there on waking up in the morning. Sunshine headaches respond well to Nux. So does vertigo after dinner or early morning on waking up. A momentary loss of consciousness may be experienced.

Morning vertigo

Stuffy cold

Nux Vomica has been noticed to have a remarkable effect on stuffy colds and snuffles caused by exposure to cold and dry atmosphere. The nose is bottled up at night and in fresh air. In children, the nose is blocked and dry. The child can hardly breathe. He breathes through his mouth. Nux gives quick relief.

Early morning insomnia

The Nux patient sleeps by fits and starts and his sleep is such that he wakes up around 3.00 a.m. and immediately all his problems converge on his thinking. This worrying wakefulness may continue till morning when fatigue might bring sleep. Nux Vomica is a sure cure in such cases. One dose at 3.00 a.m. or thereabout would recall soothing sleep.

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OPIUM

Constipation

The other important spheres of action of Nux Vomica are the stomach and abdomen. The patient has constipation. Although he has a frequent desire to pass stool, yet each time he passes only a small quantity of faeces.

Dysentery

For dysentery where Nux Vomica is a remedy, the pain is greatly relieved for only a short time after every motion.

Colic

Nux Vomica helps relieve colic pain in the abdomen. The pain is so cutting that the patient feels forced to bend double.

Piles

Nux Vomica is an excellent remedy for blind haemorrhoids with itching,and an ineffectual urge to pass stool.

Backache with piles

Backache, in the lumbar region, often occuring in conjunction with piles is greatly helped by Nux Vomica.

Morning aggravation

A patient for whom Nux Vomica is indicated is generally worse in the morning, mentally as well as physically.

Pressure in rectum

A patient with constant uneasiness in the rectum benefits greatly by the use of Nux Vomica. There is a feeling of pressure in the rectum all the time.

Unending menstrual cycle

In menstrual disorders where the menses are always irregular, start too early, last too long, have black blood, Nux Vomica has been found to be extremely beneficial. In such cases, one menstrual cycle is virtually carried on into the next. An irascible, over-sensitive to medicines, mental state would be a definite indication.

In menses, there may be pain in the sacrum and a constant urge to pass stool. With painful menstruation if there is gastric trouble, Nux Vomica is a sure remedy.

Urticaria

On the skin,elevated red patches of urticaria appear and the skin, particularly that of the face, burns hot. Yet the patient feels chilly the moment he moves or uncovers the body. At the same time he does not allow being covered. He is irritable, sullen and fault-finding.

Fevers with typical chill

For any type of fever where the above condition is present, Nux Vomica would be indicated. The fever may be inflammatory, periodic or it may be caused by a sore throat, by rheumatism or by any other disorder. Gastric symptoms would be present. Spasm with rigor and blueness of finger-nails might come in the morning.

Nux Vomica acts best when administered at night. Gives repose of body and mind. Of course, its use at other times is effective too.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. From undisturbed nap.	1. By mental exertion, anger, touch.
2. In the evening while at rest.	2. Waking up in the morning.
3. By strong pressure.	3. After meals, by use of intoxicants, spices, narcotics.
4. In damp, wet weather.	4. In dry cold weather.

Opium

Leading Indications

1. Apoplexy.
2. Coma.

Stroke Apoplexy

Opium is the most frequently indicated medicine in apoplexy or stroke. The highest potencies are the best. Use 1000 or 10000. A single dose may suffice.

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Coma

Black, paralysed tongue

Constipation with black stool

Opium is also useful when the following symptoms are apparent:

i. Lightness of the head in old people.
ii. Profound coma. Complete loss of consciousness.
iii. Tongue black, paralysed.
iv. The face swollen, dark, suffused, hot. Red, bloated. Looks besotted. Hanging down of lower jaw.
v. Obstinate constipation. Stools dark, hard, black balls.

Recommended potency: 200, 1000, 10000.

THE PATIENT IS

Better	*Worse*
1. Taking cold things. 2. Constantly walking.	1. By heat. 2. During and after sleep.

Phosphoricum Acidum

WEAKNESS — MENTAL, PHYSICAL
FALLING HAIR
IMPOTENCE
TYPHOID

Leading Indications

1. Mental debility; physical debility.
2. Drowsy, apathetic, unconscious of all surroundings; but, can be aroused to full consciousness.
3. Chronic effects of grief; hair turns grey; hopeless, haggard look.
4. Hair greying early in life; falling out.
5. Headache of schoolgirls. Headache at the base of the head. Eye-strain or over-use of eyes.
6. Pain in the bones of young persons growing too fast and too tall.
7. Very profuse, watery or milky urine.

Debility — mental and physical

An excellent use of Phosphoricum Acidum is made in curing mental and physical debility and in acute and chronic diseases where the patient is tired in mind and body. The mental debility is a result of nervous exhaustion in persons who have been working overtime at a young age. Physical debility comes as a result of acute disease, sexual excesses, grief, loss of vital fluids from the body. Haemorrhages in typhoid, therefore, require Phosphoricum Acidum.

Physical debility follows mental weakness

According to Dr. J.T. Kent, mental symptoms are the first to develop in Phosphoric Acid. The remedy runs from the mental to the physical, from the brain to the muscles. Initially, the patient may forget names even of the members of his family, or of those working near him, while he can undertake physical exertion. But soon the weakness in the muscles follows.

Debility leading to sickness

Crushing pain in temples in eyes

Loss of hair

The Phosphoric Acid patient is apathetic, indifferent and confused. He has a crushing pain in the temples, worse on shaking or by noise. He feels a pressure on the top of the head and has vertigo towards evening, when standing or walking. His hair turns thin, greys early and falls out. Physical debility brings blue rings around eyes. The eyelids are inflamed and cold, the pupils dilated and with a glassy appearance. In the eyeballs there is pain as if they are forcibly pressed together and into the head.

Vertigo

Headaches

The Phosphoric Acid patient has vertigo while lying in the bed. It is due to overall weakness of the mind and the body. The patient feels as if he is floating while lying in the bed. It is vertigo with ringing in the ears and with glassy eyes. The headaches of Phosphoric Acid are associated with mental weakness, brain fag; these come because the sufferer is so tired and exhausted.

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ACID PHOS

Headache of growing students.

Phosphoric Acid is a remedy for the headache of students, especially of those who are growing too fast.

Physical debility

Fatigue

Drowsiness

Cold sweats

Withered face

The Phosphoric Acid patient has great physical weakness; he is so tired in the back, so tired in the muscles, so tired all over; a paralytic weakness. Ailments which come from business cares; prolonged grief; young women suffering from unrequited affection or from loss of a loved one. Ailments resulting from care, grief, sorrow, chagrin, home-sickness. With drowsiness; night sweats towards morning; cold sweat down the back; cold sweats on the arms and hands more than on the feet; cold extremities; feeble circulation, feeble heart; withered face; catches cold on the slightest provocation.

Impotence

In males, there is impotence; aversion to coition; loss of sexual desire; no erection. The penis becomes relaxed in the midst of an embrace and he cannot finish the act.

Herpes on prepuce; oedema on glans penis

Phosphoricum Acidum helps in herpes of the prepuce, in the oedema of the glans penis and swelling.

Diabetes mellitus

Phosphoricum Acidum is useful in diabetes where the urine is frequent, profuse, and milky. At night the frequency increases. The passing of urine is preceded by anxiety and is followed by burning.

Cramps in wrists

Debility which needs Phosphoricum Acidum also causes cramps in the upper arms and the wrists. At night there are pains as if the bones were scraped.

Typhoid with stupor

According to Dr. E.B. Nash, Phosphoricum Acidum is one of the best remedies in typhoid fever where the patient lies in a stupor, unconscious of all that is going on around him, but, when aroused, is fully conscious. He has a crushing pain on the vertex, a pain in the occiput or nape of the neck and appears physically weak or exhausted, wants to lie down, does not want company or to be noticed or spoken to.

In advanced typhoid when there is prostration, distension in the abdomen, a dry, brown tongue, glassy eyes, gradually approaching unconsciousness, a little thirst increasing to intense thirst, a desire to be left alone, bleeding from the nose, lungs, bowels, sunken eyes, discoloured lips gradually becoming very black, Phosphoricum Acidum is indicated. It checks the haemorrhage, causes a rally and prevents dropsy.

Diarrhoea ameliorates

In Phosphoric Acid, there is an amelioration of complaints by their ending in a diarrhoea. The diarrhoea is copious, thin and watery, whitish-grey and the patient feels thereafter comfortable, free and happy. He is worse if the diarrhoea slackens.

Acid Phos vs Podophyllum

Here the opposite is Podophyllum where the stool is copious, thin, offensive and has a horrible stench. The stool is painless in both the medicines but Phosphoric Acid does not have the great prostration of Podophyllum. Its stool is whitish-grey like dirty white paint while in Podophyllum it is yellow.

Recommended potency: 30, 200.

THE PATIENT IS

Better	*Worse*
1. From keeping warm. 2. From diarrhoea.	1. From exertion. 2. Being talked to. 3. Loss of vital fluids. 4. Sexual excesses.

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FALLING HAIR

PHOSPHORIC ACID	SELENIUM	NATRUM MUR
○ Hair falls from genitals, whiskers, eyebrows, head. Hair grey early in life; then fall off.	○ Hair fall off from the head, eyebrows and eyelashes, beard and genitals, from all over the body.	○ Hair become thin. During confinement the hair fall off from the genitals.
○ Mental debility followed by physical debility. Acute diseases, excessive grief — results of.	○ Sad. Despaired. Melancholy. Impotent.	○ Marked debility and weariness. Chronic diseases resulting in depression. Irritable Effects of fright, grief, anger. Blinding headache.
○ In overstrained young persons.	○ In elderly persons.	
		○ Dry eruptions; crusty eruptions on the margin of the scalp. Eczema of the scalp.

Phosphorus

ACUTE HEPATITIS
ANY SURFACE BLEEDS,
PERSISTENTLY BLEEDING GUMS

Leading Indications

1. Easy, recurrent bleeding. Small wounds bleed profusely. Blood not clotting.
2. Obscene mania.
3. Intense burning, spreading from hands to face. Running up back.
4. Fearful, anxious at twilight. Trembling.
5. Indifferent. Apathetic.
6. Wants sympathy.
7. Restlessness.

Burning anywhere

The first indication for Phosphorus is given by an intense sensation of burning in various parts of the body like the mouth, the lungs, the stomach, the small intestines, the anus, up the spine, the palm of the hand, and even the face. The patient craves for cold food, but this food is vomited as soon as it reaches the stomach. There is an insatiable hunger, an empty,gone feeling in the stomach, in the whole abdomen.

Easy haemorrhages

Even the smallest of wounds bleed easily. The wounds heal but break out again.

Heat in back, in hands

A feeling of intense heat running up the back or between the scapulae is relieved by Phosphorus. There is burning of the hands (Sulphur is indicated for burning of the feet).

Obscene mania

There are men and women in whom the sexual appetite is insatiable. This leads them into a mania in which they expose themselves, take off their clothes in public. Such maniacs are not good for physical sex because the mania is succeeded by extreme impotence. Phosphorus is the remedy in such cases.

When the patient fears to be left alone, is afraid of the dark, is restless and suffers from great anxiety, Phosphorus helps.

Liver problems

Phosphorus is required for acute hepatitis, for fatty degeneration of the liver, for jaundice, for cirrhosis, pancreatic diseases and for large yellow spots on the abdomen.

Swallowing difficult

Phosphorus is indicated for spasmodic stricture of the oesophagus. There is an inability to swallow food. Whatever is swallowed comes out immediately, as if there is a pressure working upwards.

Diarrhoea

Think of Phosphorus in cases of profuse diarrhoea when the stool pours out as from a municipal hydrant without a washer. At the same

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Constipation

time, this is also a remedy in cases of constipation where the faeces are dry, hard, long and are expelled with great difficulty.

Bloated face and eyelids

The lower as well as the upper eyelids swell and so does the whole face. Phosphorus is required.

Coryza with bleeding

In chronic running nose accompanied by haemorrhage, Phosphorus is indicated. The handkerchief of the patient is always bloody. Phosphorus takes care of easily bleeding polyps.

Tooth extraction

Phosphorus is the medicine for persistently bleeding gums after tooth extraction. It is better to go to the dentist for extraction after taking a dose of Arnica 200,to be followed by Phosphorus 200 after the surgery. Later when bleeding has been controlled, Arnica should be continued. Phosphorus can be repeated if the bleeding has not stopped.

Necrosis

Necrosis of the jaw-bone and of the tibia requires Phosphorus.

Sleep ameliorates

Phosphorus is indicated in cases where the patient is better if he can get some sleep. (Where the problems are similar, but the patient is worse after sleep, Lachesis is indicated). The patient would be in stupor and would mutter in delirium in a low voice.

Stupor

Typhoid

In typhoid when there is a lung complication, Phosphorus is the remedy.

Dandruff

Phosphorus is the remedy in the following as well.

Eye problems

i. Dandruff; the falling out of hair in large bunches; itching of the scalp.

Facial neuralgia

ii. Black floaters before the eyes, green halo about light. Letters appear red. Pain in the orbital bones. Thrombosis of the retinal vessels.

Severe pain in larynx

iii. Tearing pain in facial bones.

iv. Severe pain in the larynx. On that account, difficulty in speech. Great hoarseness.

Sensory paralysis

v. Sensory and motor paralysis ascending from ends of fingers and toes. Great difficulty in holding anything in the hand. Stitching pain in elbow and shoulder-joints. Numbness in arms and hands.

Recommended potency: 30, 200. Dose: Twice a day.

THE PATIENT IS

Better	*Worse*
1. In the dark.	1. On touch.
2. In cold open air.	2. On physical and mental exertion.
3. Washing with cold water.	3. By taking warm food, hot drinks.
4. Lying on the right side.	4. Lying on painful side.
5. In sleep. Sleep gives great comfort.	5. On getting wet in hot weather.
	6. During a thunderstorm.
	7. Ascending stairs.

Podophyllum

ACUTE DIARRHOEA

Gastroenteritis

Leading Indications

1. Offensive, profuse diarrhoea.
2. Diarrhoea aggravates in the morning and during dentition.
3. Rumbling, rolling in stomach with severe cramping pain.
4. Empty retching. Moaning.

Podophyllum is an excellent medicine in diarrhoea characterised by:

i. Profuseness of the stool.

ii. Offensiveness of the stool.

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iii. Aggravation in the morning, hot weather and during dentition.
iv. Colic with rumbling noise.
v. Stool with jelly-like mucus, watery, painless.
vi. Gushing stool.

Severe prolapse of the anus

Present further would be a severe prolapse of the anus, before or after the stool, sleep with eyes half closed and a rolling of the head from side to side, making moaning sounds. The patient wants to vomit but nothing comes out.

Dehydration

The stools are so profuse that the patient can run dry to death. Their colour may be yellow or greenish. Very offensive.

Dentition cholera

Podophyllum is an excellent medicine for cholera infantum. Early morning. During teething. The cheeks are hot, glowing when given a bath.

Recommended potency: 200. 1000 in cholera. Generally used as an acute remedy.

THE PATIENT IS

Worse

1. Early morning.
2. In hot weather.
3. During dentition.

DISTINCTION IN THE USE OF PODOPHYLLUM AND VERATRUM ALB IN CHOLERA AND DIARRHOEA

PODOPHYLLUM	VERATRUM ALB
○ Empty retching.	○ Vomiting.
○ Stool yellow or greenish.	○ Stool like rice-water.
○ Gushing stool coming out painlessly.	○ Stools large with much straining until exhausted or forcibly evacuated.
○ Severe prolapse of the anus.	○ No prolapse.
○ No cold sweat.	○ Cold sweat. Whole body ice-cold.
○ Stupor. Moaning. Rolling head from side to side.	○ General weakness with pale sunken face. Collapse.
	○ Skin blue, purple, wrinkled. Remaining in folds when pinched.
○ Worse early morning. In children in dentition. In summer.	○ Worse at night. In cold weather.

Pulsatilla

OLD COLD
SINUSITIS
INDIGESTION
FOUL PUS
FROM EARS
VARICOSE VEINS

Leading Indications

1. Thick, bland, yellow, green mucus from mucous membranes anywhere.
2. Chronic old cold. Smell lost.
3. Ever-changing, shifting pain; changing symptoms in same disease.
4. Dyspepsia due to fats in food. Taste lost.
5. Chronic constipation.
6. Thirstlessness. Dry mouth.
7. Late menstruation; scanty menses.
8. Styes.

Thick, yellow-green, bland mucus

Pulsatilla cures chronic colds, fatty dyspepsia, painful and scanty menstruation. One of the leading indications for the use of Pulsatilla is a thick, bland, yellowish or green discharge from

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mucous membranes anywhere in the body. Such discharges are to be found in nasal catarrh, in expectoration from the ears, the eyes, the lungs, ulcers, leucorrhoea and in gonorrhoea. In most such cases Pulsatilla leads to a cure. In the vagina, however, this discharge is excoriating and not bland.

Ever-changing symptoms: shifting pain

An important indication leading us to Pulsatilla is that pain in the body travels from one part to another, from one joint to another. Haemorrhage occurs, stops and occurs again. The patient passes different types of stool. Thus in every problem there is a changeability of symptoms. This occurs in rheumatism, in neuralgic pain, in old colds, in cholera of infants, in hot weather and so on.

Mild, yielding disposition. Thirstlessness

The Pulsatilla patient is of a mild, yielding disposition. She is thirstless, peevish and chilly. She wants her head high on pillows and lies with her hands above the head.

Chronic old cold Green mucus

There is nothing like Pulsatilla in curing sinus where a yellowish, green, bland mucus is flowing outwards. The nose is ever stuffed. It may be necessary to administer four doses of Pulsatilla 30 every day for a week or more to completely eliminate this cold. In all such cases, it would be noticed that the patient has lost his sense of smell. After a few days of the treatment, he would be able to enjoy even the mild fragrance of a red rose. (In Kali Bi, the yellowish, green discharge in chronic cold virtually hardens into a rope and drips into the throat. It is very difficult to take out. That distinguishes its use from that of Pulsatilla where the discharge comes out easily.)

Indigestion due to fatty food

Loss of taste

Next to its importance in the treatment of chronic,bad, old colds, Pulsatilla is greatly effective in cases where a patient gets easy indigestion on account of his fondness for fats, heavy food, pastries, cakes, fruit, creamy food and rich food of any type. There is flatulence, pain in the stomach an hour or so after a meal. In most such cases, there is a foul taste in the mouth in the early morning or there is a loss of taste. Lack of thirst is another indication of Pulsatilla. Along with taste, the smell would have been lost. A dry mouth, no thirst, lack of taste and loss of smell are important indications for the use of Pulsatilla.

No thirst

Chronic constipation

An interesting cure achieved by Pulsatilla is in the case of troublesome, chronic constipation. In such cases, the stool is large, hard and difficult to excrete. No two motions are alike. Such constipation may be accompanied by blind haemorrhoids with violent,stitching pain. Dysentery and diarrhoea alternate.

Pus from ears

For thick, bland, yellowish or green discharge of pus from the ears, Pulsatilla is a sure cure. The discharge smells foul. The pain is worse at night. The acuteness of the hearing is affected.

and in eyes

The same is true of the eyes where the lids are inflamed, glued together on account of a greenish, yellowish and thick discharge coming in profusion.

Styes

Pulsatilla is a cure for styes on the eyelids.

Varicose veins

Pulsatilla is a remedy in varicose veins. Ulcers surrounded by varicose veins bleed black blood which easily coagulates.

Scanty and painful menstruation

Pulsatilla is an excellent remedy in cases of suppressed or scanty, late and painful menstruation. The patient is restless and does not get relief even by tossing in the bed. The menses start, stop, start and flow, stop again. The patient is usually of a mild, gentle and sweet temperament. She may be easily led to shed tears and is quite touchy over anything. Pulsatilla is also an effective remedy in cases of abnormally delayed menstruation in young ladies of mild, gentle, and tearful temperament.

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Headache

Headache accompanying menstruation, or in young ladies who start menstruation, is relieved by Pulsatilla. The headache is usually throbbing and congestive. Headache coming from overeating or from taking rich food is also relieved by Pulsatilla.

Exaggerated sexual desire

In women, Pulsatilla cures nymphomania. Sexual desire is beyond limits and is uncontrollable. Pulsatilla also takes care of thick, yellow, green and excoriating leucorrhoea. The vagina is raw in such cases.

Orchitis Prostatitis

In men, Pulsatilla helps in orchitis, inflammation and the swelling of the testicles from mumps and from catching cold. The patient has strong sexual desire, long-lasting, morning erections. Gonorrhoea with thick, yellow or green discharge requires Pulsatilla. In acute prostatitis, Pulsatilla is indicated.

Recommended potency: 30, 200.

THE PATIENT IS

Better	*Worse*
1. Taking cold food and drinks, though not thirsty.	1. Taking rich fat food.
2. By cold application.	2. After eating; towards evening.
3. By slow walking, in open, cool, fresh air.	3. In a warm room, by warm baths.
4. With head raised on a pillow.	4. Lying on left or painless side.

Rhus Tox

MUSCULAR PAIN
STRAIN
SCIATICA
LUMBAGO
ERYSIPELAS

Leading Indications

1. **Muscular pain, temporarily relieved on movement.**
2. **Pain caused by exposure to wet cold; on suppression of perspiration due to exposure.**
3. **Muscular lameness and stiffness; strain.**
4. **Old, chronic rheumatic condition.**
5. **Backache. Lumbago. Sciatica.**
6. **Eczema of face, of genitals.**
7. **Restlessness. Intense itching.**

Relief for muscular pain

Rhus Tox is the first remedy one should think of in any muscular pain where the cutting pain and soreness are temporarily relieved by movement. This is in direct contrast to Bryonia where movement aggravates pain.

Restlessness

The patient is restless, internally uneasy, nervous. He wants to be on the move because it temporarily relieves his discomfort. Restlessness is evident in Aconite and Arsenic Alb also but there change does not relieve discomfort.

Nature of pain

The pain which responds to Rhus Tox is a tearing-asunder pain, a bruised pain often attended by numbness and paralysis of the limbs with loss of sensation. This pain comes in the night. The pain is quite often caused by exposure to the cold, particularly in wet weather, on exposure when perspiring.

Stiffness, strains

Muscular lameness and stiffness is relieved by Rhus Tox, whether it is of a rheumatic character or whether it has been caused by a strain like the lifting of heavy articles or unscientific, unguided and excessive muscular exercise. In sprains when Arnica has reduced the pain and swelling, if any, Rhus Tox should be administered to strengthen the person.

Chronic rheumatism

When the limbs are stiff and paralysed there is tearing pain in the tendons, ligaments and membranes of joints. The joints are hot, painful and swollen. There is rheumatic pain in the nape of the neck, in the loins and in the thighs. There is tenderness in the knee-joint. In all such cases when there is temporary amelioration on movement, Rhus Tox does wonders. Rhus Tox is excellent for old chronic rheumatic conditions. And so it is in paralysis of the arms, when on grasping

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anything, a tingling and prickling sensation is felt in the hands and the fingers.

Infantile paralysis

In infantile paralysis caused by exposure in damp weather after perspiration, Rhus Tox comes handy.

Lumbago

Backache

In lumbago there is nothing to beat Rhus Tox and invariably it is indicated when there is temporary improvement in the condition of the patient on movement. He is better lying on a hard surface. Backache, even myelitis (pain in the spinal membranes) which has been caused by exposure, by lying in damp sheets, by getting soaked in sudden rain, while perspiring or by strain, responds very well to Rhus Tox.

Sciatica

Rhus Tox is of use in left-sided sciatica, tearing pain in the lower limbs, worse during rest and ameliorated from motion for a short while. This sciatica pain has been caused by catching a cold from damp and cold weather, from exposure and from suppression of sweat on exposure. Rhus Tox 1000 or 10000 helps greatly to relieve shooting sciatica pain.

Influenza

In influenza with body pain, Rhus Tox ranks with Gelsemium and Eupatorium Perf. There is a tormenting, dry cough before and during chill.

Dysentery

Rhus Tox is a cure in dysentery where there is pain in the thighs and legs.

Eczema of the face, of the genitals

Rhus Tox is an excellent remedy in eczema of the face and of the genitals. The scrotum becomes thick and hard. There is swelling in the genitals. The itching is severe. In facial eczema, there is chronic suppuration and eruption. Rhus Tox is valuable for erysipelas of the vesicular variety. On the face there are large, burning blisters. Inflammation extends rapidly. The skin becomes purple and pits on pressure. And so in urticaria. Every time there are present a characteristic restlessness and an intense itching.

MUSCULAR PAINS

BRYONIA	RHUS TOX
○ Pain is stitching and tearing. Stiffness.	○ The pain is cutting and tearing. Sprains. Strains. At times accompanied by numbness and paralytic weakness of the limbs.
○ The patient wants to be left alone.	○ The patient tosses and turns from side to side. The change relieves the pain. The longer he moves the better he feels.
○ Pain is better on application of firm pressure. ○ Better by lying on the painful side.	○ There is amelioration on movement, although after some time the pain returns. ○ Pains are better on warm application, baths, rubbing. ○ Pains better on getting up in the morning.
○ Pains are worse from movement. Pains worse in the morning.	○ Worse during sleep at night.

Both medicines may be simultaneously indicated in muscular pains, stiffness and rheumatic discomfort. These can be alternated three times a day, each in 200 potency, with excellent results.

Red-tipped tongue and cracking jaws

In the mouth the triangular tip of the tongue is red. The jaws crack when chewing.

Rhus Tox is inimical to Apis. The two should not be alternated.

Recommended potency: 200, 1000, 10000.

THE PATIENT IS

Better

1. From motion. Walking.
2. In warm, dry weather.
3. By change of position.
4. By warm application, bath, rubbing.
5. On stretching out limbs.

Worse

1. In cold, wet, rainy weather.
2. During sleep. At night.
3. On being drenched while perspiring.
4. In cold fresh air which is so intolerable that it makes the skin painful.

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Ruta Graveolens

SPRAIN

Leading Indications.

1. **Eye strain.**
2. **Sprain. Bruise. Lame sensation.**
3. **Flexor tendons overstrained on exertion.**
4. **Extreme restlessness.**

Sprain, wrist pain and stiffness

Ruta is an excellent remedy for sprain. For bruised,lame sensation all over as after a fall. However, the first administration should be that of Arnica, to be followed by Ruta. Sprain that may cause lameness requires Ruta. Pain and stiffness in the wrists and the hands respond very well to Ruta. Also similar pain in bones of the feet and the fingers.

Pain in back, ankles, feet

For rheumatic problems of the back, when there is pain in the lumbar vertebrae or pain in the coccyx as from a fall or blow, Ruta is indicated. Sore tendons, pain in the bones of the feet, the ankles, pain in the thighs on stretching, need Ruta.

Thickening skin in palms

When nodules form in the palm of the hand on holding tools of work continuously, Ruta is very useful.

Eye strain

Ruta is an effective remedy in eye strain followed by headache. Persons who work with their eyes at a close distance, like students, tailors etc require Ruta for eye strain. The eyes feel weary and ache. There may be a sensation of burning in the eyes as if these were balls of fire.

Cancer of lower bowel

Ruta is useful in cancer of the lower bowel

Rectal prolapse

In prolapse of the rectum which occurs every time the bowels move, particularly after child-birth, Ruta is indicated.

The Ruta patient is restless like a patient of Rhus Tox.

Recommended potency: 200.

THE PATIENT IS

Better	*Worse*
1. On motion.	1. In cold, wet weather. 2. Lying down.

Sanguinaria

Leading Indications

1. **Right-sided neuralgia of the face.**
2. **Affections of the right arm, of the right shoulder.**

Neuralgia of the face: right side

The pain begins in the occiput, that is, in the bones at the back of the head, beyond the ears. It spreads over the head and settles over the right eye. There is nausea and vomitting. The patient is sensitive to noise and light. The veins in the temples are distended. Here, Sanguinaria comes for consideration as against Spigelia which has to be thought of when there is pain in the left eye.

The Sanguinaria headache begins in the morning, gets worse during the day and lasts until evening.

Rheumatic pain in the right arm and shoulder

Sanguinaria is also the remedy for rheumatic pain in the right arm and shoulder, worse at night and in bed. The patient can hardly raise the arm.

Recommended potency: 30, 200.

THE PATIENT IS

Worse
1. At night, in bed.

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Sepia

UTERUS PROBLEMS IRREGULAR, PAINFUL MENSTRUATION

Leading Indications

1. Bearing down sensation in vulva. Labour-like pains
2. Pain in the small of the back in women.
3. Climacteric flushes.
4. A sensation of ball in vagina, rectum.
5. Uterine and vagina prolapse and other problems.
6. Yellow spots, on face, on abdomen.
7. All-gone feeling in stomach. Sinking faintness. Easily exhausted.
8. Old catarrh.
9. Excoriating and milky discharge. Curd-like leucorrhoea.

The best uterine remedy

The most important indications of Sepia are in the problems of women relating to the uterus. It has been called the best uterine remedy available. The patient feels that all her internal organs would come out of the pelvic region. She has to sit with legs crossed to relieve this feeling. Sepia is a chronic remedy. It can take care of long-standing problems.

Prolapse of uterus

Pelvic displacement, with inflammation, ulceration, leucorrhoea and even malignant growth would be alleviated by Sepia. It is of great help in prolapse of the uterus and of the vagina.

Painful intercourse
Pain in vagina

Sepia is the medicine when the vagina is painful, especially on intercourse.

Back and pelvic pain

There is weakness in the small of the back. The pain extends from the pelvic region into the back. Sepia is needed.

Yellow leucorrhoea

Yellow, greenish leucorrhoea with intense itching indicates Sepia. Menstruation is irregular. It

Painful menstruation

is either too late or scanty, or too early and profuse. In either circumstance, there is sharp pain, upwards,in the vagina.

Cervix ulcerated

Sepia is indicated in ulceration of the cervix. Its use is more effective than any local application.

Climacteric flushes

With the stoppage of menstruation, women suffer from flushes of heat, perspiration and faintness. At the same time, there is a feeling of bearing down as if everything would escape through the vagina. Such cases require Sepia. (In case the symptoms are accompanied by a burning sensation, Sulphur is indicated.)

Uncontrollable hemicrania

Women suffering from the aforesaid problems might also have hemicrania, that is, headache on one side of the head. The pain comes in terrible shocks. Uncontrollable. The patient has persistent jerks of the head. Sepia is required.

Sad and indifferent

Emotionally a Sepia patient is unable to feel natural love, to be affectionate. She permits no opposition to her opinions. Her problems are aggravated by noise. She is indolent, sad, indifferent and easily offended.

Exhausted housewife

Sepia is a remedy for the exhausted housewife, overburdened with work and children. She is harassed. It helps maids sitting on haunches and working hard, bending over their laundry, harassed by weeping brats.

Lack of stamina

The Sepia patient is very weak. A short walk tires her. She faints easily from extremes of cold or heat, from riding, from kneeling and whatnot. She cannot work hard. She feels cold even in a warm room.

Pale face

Yellow blotches are noticed on the face of the Sepia patient, a saddle-like yellow distribution of brown, yellow spots on the nose and cheeks. The face is pale and sullen.

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"What Silicea is to the stalk of grain in the field, it is to the human mind. Take the glossy, stiff, outer covering of a stalk of grain and examine it, and you will realise with what firmness it supports the head of grain until it ripens; there is a gradual deposit of Silicea in it to give it stamina. So it is with the mind; when the mind needs Silicea it is in a state of weakness, embarrassment, dread, a state of yielding."
Dr. J.T. Kent

Old catarrh

In chronic cold with inflammation where there is a thick, greenish and bland discharge with thick plugs and crusts, Sepia is indicated. In such cases, even if there is a post-nasal discharge of lumpy mucus, Sepia would be a great remedy.

Rectal prolapse

Sepia helps in a prolapse of the rectum along with pelvic congestion. There is a sensation of a ball. There is a constant oozing of moisture from the anus.

Milk diarrhoea

Infantile diarrhoea, worse from boiled milk, is controlled by Sepia.

Obstinate constipation

Sepia relieves obstinate constipation where the stool has to be physically removed. It happens mostly in children.

Discharges

A characteristic of Sepia discharge, whether in the back of the throat, from the nasal passages or from the vagina, is its being excoriating and milky. Leucorrhoea at times takes the appearance of curds, thick, cheesy and horribly offensive. Sometimes, this discharge is thick, green and yellow.

Sepia is indicated in chronic cases.

Lachesis is inimical to Sepia.

Recommended potency: 200 and above. But do not repeat it too frequently. Twice a day should be enough.

THE PATIENT IS

Better	*Worse*
1. By exercise.	1. In the forenoon, in the evenings.
2. By pressure.	2. By washing, laundry, exertion. Jar. Walking.
3. In warmth of bed.	3. In damp cold air.
4. By hot application.	4. At climacteric.
5. Sitting cross-legged.	5. Taking milk.
6. Loosening clothes.	6. Left side.
7. After sleep.	

Silicea

LACK OF STAMINA
CHRONIC PUS
OLD ANAL FISTULA

Leading Indications

1. **Chronic inflammation with deep-seated pus.**
2. **Glandular or bony ulceration.**
3. **Unyielding cold.**
4. **Children with defective assimilation.**

Chronic inflammation with pus

In inflammation with pus formation, which has become chronic, Silicea is of great help. It is equally useful in glandular or bony ulceration. Think of Silicea in whitlow, unhealthy skin, smelly feet, mammary abscess, mammary cancer, tuberculosis of the skin, the bone or of the abdomen.

Deep-seated pus

Deep-seated pus formation, even in tendons and ligaments, responds to Silicea very well.

Expulsion of foreign bodies

Silicea helps in the expulsion of foreign bodies from tissues because of its power to take care of deep-rooted abscesses. It helps in abscesses, boils, old fistulous ulcers. Breaks down scar tissue.

In case Hepar Sulph has discharged the pus already formed, Silicea would heal that part of the body after the discharge.

(In wounds that refuse to heal Gunpowder 30 or 200 is required.)

Lack of stamina. Dread of failure

Sensitive to cold air

The Silicea patient is weak and has lax muscles. He is sensitive to cold air. takes cold easily, especially when his head or foot is uncovered. His face is pale. his skin fine. He is nervous and irritable, lacks grit. He lacks stamina. He dreads failure. He has profuse sweat on the head and offensive sweat on the feet.

With Silicea, as Dr. Nash puts it, the patient's spirits rise, hope revives, the weakness and

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depression give way to a feeling of returning strength and health.

Cold fails to yield

A very important sphere of influence of Silicea is in cases of patients who can never get rid of their cold. There is violent cough when lying down. The sputum they take out is constantly full of mucus and is offensive It is thick, yellow and lumpy. Here Silicea should be thought of as a chronic of Pulsatilla.

Catarrh of the ear

Silicea helps in old cases of catarrh of the ear where there is offensive, thick and yellow discharge. There is a roaring in the ears, a hissing like that of steam.

Quinsy

When the tonsils are swollen after a cold and there is pain as if a pin is pricking, Silicea should be thought of as a remedy.

Weak rectum

Silicea is of great use in constipation. The rectum is weak, paralysed. The stool protrudes and then slips back. This constipation is quite typical to teething children. The rectum appears to have lost its expulsive power.

Anal fistula

Silicea helps in old anal fistula, in haemorrhoids with fissures which are painful and where there is a spasm of the sphincter.

Vaginal cysts

Serous cysts in the vagina, projecting out or upwards, of the size of a pea need Silicea.

Skin problems

Silicea gives relief in warty growths on the skin, moist eruptions, pimples, pustules, abscesses, suppurating cavities.

Crippled nails

Crippled nails, nails with white spots need Silicea.

Puny children

Weak children whose assimilation is defective, although food intake is sufficient, with shrunken limbs, pinched face, pick up after administration of Silicea. Such a child has a big belly.

"Silicea is a chronic of Pulsatilla and is its complementary. It is Puls, only more so, a deeper, more profound remedy": Dr. Kent.

Mercury and Silicea do not follow each other well.

Recommended potency: 200 and higher.

THE PATIENT IS

Better	*Worse*
1. In wet and humid weather.	1. Taking milk.
2. In summer.	2. Lying down.
3. By warmth.	3. Getting feet wet.
4. Wrapping up head.	4. Uncovering the head.
	5. At new moon.
	6. Washing.
	7. In damp cold.

Spigelia

NEURALGIA OF THE EYE OF THE FACE

Left-sided facial neuralgia

Leading Indications

1. Left-sided prosopalgia.
2. Violent palpitation.

Spigelia is useful in the left-sided neuralgia of the head, of the face and of the eyes. The pain increases and decreases with the rising and setting sun respectively. On the affected side the eyes water. The patient is worse from motion.

(For severe neuralgia of the face on the right side, the medicine is Kalmia Latifolia 30. Like Spigelia, Kalmia has also violent, visible,tumultuous action of the heart. But at times Kalmia has, like Digitalis, a very slow pulse.)

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The Spigelia prosopalgia, that is, a neuralgia of the face, involves the eye, the zygoma, the cheek, the teeth and the temples.

Violent pain in the fifth nerve

Spigelia is an effective remedy in the neuralgia of the fifth nerve. The pain is experienced beneath the frontal eminence and the temples extending to the eyes. The pain is violent and throbbing.

Neuralgia of the eye

In ciliary neuralgia the pain is stabbing, running through the back of the head. The eyes appear to be pressing outwards as if the eyeballs were too large for the sockets.

Acute heart palpitation

Another use of Spigelia is in violent palpitation of the heart. The violence is so severe that it is visible through the clothes, shaking the whole chest and its sounds are audible even a few inches away. In acute attacks of violent palpitation of the heart, Spigelia gives immense relief. Use 200.

Spigelia is a chronic of Arnica.

Recommended potency:

1. For neuralgic symptoms, use 30 or 200 potency.
2. For inflammatory symptoms, 30 is useful.

THE PATIENT IS

Better	*Worse*
1. Quiet.	1. From noise.
2. In dry air.	2. From motion.
3. At sunset.	3. From moving eyes.
4. Lying on right side with head high.	4. In cold, damp, rainy weather.
	5. At sunrise.

Staphysagria

Leading Indications

1. Recurrent styes.
2. Backache at night, due to flatulence.
3. Clean-cut wounds, say in surgery.

Styes

Staphysagria is an excellent remedy for styes which come one after another. Also for chalazae on the eyelids.

Early morning backache

For backache, always worse at night in bed and towards the morning — Staphysagria is the remedy. This backache comes on account of flatus which is unable to escape.

Severe pain following an abdominal operation is relieved by Staphysagria.

Clean-cut wounds

It is an excellent remedy for wounds where the cut is clean, such as after surgical operations.

Recommended potency: 200.

Sticta

Leading Indications

1. Knee-joint inflammation.
2. Dry cold.
3. Pain in frontal sinuses.

Sticta is indicated in:

Dry nose

i. Dryness of nasal membranes. Constant need to blow nose, but no discharge.

Sinus pain

ii. Pain in frontal sinuses.

iii. Heavy pain and pressure in the forehead and the root of the nose in the beginning of a cold. The pain is relieved by the nose beginning to discharge mucus.

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Knee inflamed

iv. Inflammatory rheumatism of the knee-joint. Housemaid's knee. Spot of inflammation and redness over affected joint.

Recommended potency: 30.

Sulphur

ITCHING
SCRATCHING
BURNING
UNHEALTHY SKIN

Leading Indications

1. **Burning sensation, anywhere. In chronic cases.**
2. **Itching, scratching leading to burning on skin.**
3. **Dirty, unclean habits. Ragged philosopher.**
4. **Orifices red, vermilion.**
5. **Selected medicines not helping. Relapses. A catalyst.**
6. **Under-developed infant.**

Fires of hell

Think of Sulphur whenever there is a burning sensation. The burning may be inside the head or on the scalp, a burning mucus from the nose, a burning in the face with redness, a burning in the mouth, on the tongue, a burning sore throat which is dry, a burning in the stomach, a burning and pressure in the rectum, a burning and itching in piles which come in bunches, a burning while passing urine, a burning in the vagina, or nipples burning like fire, a burning in the hands, in the feet, on the skin, a burning in the soles of the feet and the palms of the hands, and so on. In all such cases, Sulphur gives instant relief. (For the sensation of coldness, Calcarea Carb is indicated.)

Here it would be advisable to distinguish the burning indication in another medicine, that is, Arsenic Alb. In an acute sickness, that is, a sickness which is recent and which runs a short course, we use Arsenic Alb. As against this Sulphur is used in chronic problems.

Itching, scratching, burning

In skin problems, the best use of Sulphur is made where scratching is followed by burning. There are itching eruptions on the skin everywhere. The sequence of the problem would be starting with voluptuous itching, relieved by scratching and followed by burning.

Unhealthy skin

A very interesting feature has been noted in certain patients with skin problems. They have a dry, scaly and unhealthy skin. They do not like washing and are, therefore, filthy. Washing even aggravates their problems. There is a sweating excoriation especially in corners like the armpits and the legpits. The hands are hot and sweating. In all such cases, Sulphur is indicated.

Red, itching orifices

The human body has many orifices, like the mouth, the ears, the eyelids, the urethra, the anus etc. These orifices become red like vermillion. There is itching and burning. Sulphur helps remarkably in such cases.

Corns

Induration from pressure, like corns, callosities on the soles, gets relief by use of Sulphur.

Tendency to catch cold

Sulphur cures the susceptibility to catch cold. A person may take a bath or he may get over-heated. He may enter a cold room or might over-exert. A change of weather occurs. Whatever be the reason, the patient catches a cold, and his nose starts running. Sulphur would take care of this tendency. Administer one dose of Sulphur 200, early morning, once a week for 2 months.

Unclean habits

Sulphur does good to persons who lead a sedentary life, confined to their rooms in study or in meditation or who take almost no exercise, take simple food which is not even nourishing and look lean, lank and hungry. Dr. Hering has called a Sulphur patient "A ragged philosopher". For him, cleanliness is absolutely irrelevant. He is filthy, his odour is foul; his discharges are excoriating.

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Impotence

In men if the prepuce is narrow and difficult to pull back, Sulphur helps. So too, when an erection does not occur even though the desire is strong. The mind is willing, the body is not. Discharge occurs on contact.

Painful,scanty menstruation
Cracked nipples

For women whose periods are too late, short, scanty and painful, Sulphur is the remedy. The blood is thick, black and excoriating. In between, there is burning and acrid leucorrhoea. The nipples are cracked and burn. There is severe itching on the vulva. Burning in the vagina.

Burning vagina

A catalyst

Sulphur occupies a very prominent place in the homoeopathic materia medica. It has been found after extensive research that when seemingly indicated remedies do not cure, particularly in acute cases, Sulphur should be used. Sulphur brings out the curing properties of a medicine which has already been administered and hence it is useful when given as an intermittent medicine, say, one dose a week when a particular treatment takes more than a few weeks. Thus, it helps in complaints which relapse.

Relapses

In such cases, it would be useful to administer Sulphur early in the morning. Ten pills should be dissolved in half a teacup of luke-warm water and the solution sipped slowly over 30 minutes. The medicine should not be swallowed immediately. It should be allowed to stay in the mouth and rolled on the tongue for a minute after every sip.

Chronic constipation

Sulphur is very effective in chronic constipation as an intermittent remedy.

Aggravation at night, from bath

Complaints in which Sulphur is a remedy come on from the warmth of the bed and, therefore, quite a few of these problems arise at night. The Sulphur patient is disturbed by a change in temperature. Bathing aggravates the problem and so does standing for a long time. His headache comes after an evening meal. He drinks much and eats gr...

Under-developed infants

If an infant does not develop properly, if his bones do not grow, use Calcarea Carb followed by Sulphur.

In acute problems Sulphur follows Aconite very well. Merc Sol and Calcarea Carb are useful after Sulphur and not before in chronic problems.

Timing in chronic and acute cases

Sulphur is used in the beginning of treatment in chronic cases. In acute cases, it is used to give a finishing touch.

Recommended potency: 200 and higher.

THE PATIENT IS

Better	*Worse*
1. From dry, warm weather.	1. In morning, 11 a.m.
2. Drawing up affected limbs.	2. Washing, bathing.
3. Lying on right side.	3. At rest.
4. From open windows when respiration is difficult.	4. When standing.
	5. At night.
	6. From alcoholic drinks.
	7. Periodically.

Thuja Occidentalis

WARTS
SPONGY TUMOURS

Leading Indications

1. Warts, polyps, elevated lesions of the skin. Cauliflower excrescences.

2. Carbuncles, ulcers. Spongy tumours.

Warts

Lesions

Thuja is an effective remedy in cases of warts, figwarts, polyps and condylomata, that is, elevated lesions of the skin. These lesions appear mostly on the genitals, the anus or other mucous membranes. Cauliflower excrescences in the vagina, on the cervix of the uterus, about the anus respond well to Thuja.

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Spongy tumours

Thuja is indicated in spongy tumours. For brown spots on hands and arms. Carbuncles, ulcers especially near the genitals and the anus.

Carbuncles

Warts on the vulva

A very important use of Thuja is by women who have warts on the vulva and on the pelvic floor.

Gonorrhoeal rheumatism

In men Thuja is indicated in the inflammation of the foreskin and glans penis. It is also required in gonorrhoea and gonorrhoeal rheumatism.

Thuja is further useful in:

i. White, scaly dandruff. Hair dry, falling out.
ii. White blisters on the tongue, close to the root. Painfully sore.
iii. Dyspepsia on taking tea.
iv. Persistent insomnia.

Chronic asthma

v. In chronic asthma where Arsenic has caused limited improvement.

Recommended potency: for local application on corns, warts and excrescences use mother tincture. Internally, 200 and higher potencies give excellent results. In warts, 1000, 10000 and 1,00,000.

THE PATIENT IS

Better	*Worse*
1. Drawing up limbs.	1. In cold, damp air.
2. Left side.	2. Stretching limbs.
	3. At night, from heat of bed.
	4. At 3.00 a.m., 3.00 p.m.
	5. After breakfast.
	6. Taking tea or coffee.

Veratrum Album

GASTROENTERITIS COLLAPSE

Leading Indications

1. **Collapse with cold sweat on forehead. Icy coldness. Total prostration.**
2. **Cholera, rice water stools. With retching. Cramps in calves.**
3. **Violent mania; lascivious.**
4. **Surgical shock.**

Collapse cholera

Veratrum Alb is a medicine for collapse. It is a medicine for severe gastroenteritis, cholera, where the patient is throwing upwards as well as passing frequent stool.

Cold sweat

Cold sweat on the forehead is an important characteristic in situations which require Veratrum Alb.

Rice-water stools

Chronic vomiting

In gastroenteritis, the stool is like rice-water. It comes in a large quantity and is exhausting. Fluids run out of the body. There may be cramps in the calves and cold sweat. There is nausea, copious vomiting. There is aggravation by drinking and by the least motion. The patient desires cold water, but vomits as soon as he swallows it. His appetite is voracious but he is not able to eat. Gastric irritability with chronic vomiting of food responds to Veratrum Alb. Use 1000 potency.

Colic

Sinking, cold feeling in stomach

In the cases referred to above there is a sinking, empty and cold feeling in the stomach and abdomen. The abdomen is swollen. There is terrible colic.

Cholera

In severe cases of cholera, when vomiting accompanies purging a single dose of Veratrum Alb 1000 checks the disease. The patient goes to sleep and recovers in rest.

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Total collapse

Veratrum Alb helps in total collapse. The following is the picture of a Veratrum Alb collapse: "Rapid sinking of forces; complete prostration; cold sweat and cold breath. Skin blue, purple, cold, wrinkled, remaining in folds when pinched. Whole body icy cold. Hands and feet icy cold. Cramps in calves." These conditions can be found in cholera, cholera infantum, in bronchitis, pneumonia, typhoid and intermittent fevers.

Heart stimulant

For the heart, Veratrum Alb is a great stimulant. The pulse is irregular and feeble. There is palpitation with anxiety. The respiration is rapid and audible. And there is cold sweat.

Surgical shock

Veratrum Alb is a medicine for surgical shock.

Lascivious mania

Veratrum Alb has a particular type of mania, delirium driving a patient to madness. He is cursing and howling all night. He cuts and tears things, especially clothes. He talks lewdly and lasciviously. He is religious or amorous by turns.

Cramps. Sciatica

For cramps in the calves and for sciatica where the pain comes like electric flashes, Veratrum Alb is an excellent remedy.

Painful menstruation

For women, Veratrum Alb is a very useful remedy in painful menstruation. There is a sensation of coldness and there is cold sweat. The patient faints from least exertion.

Recommended potency: 200.
In acute cholera, 1000. One dose is enough.

MANIA

VERATRUM ALB	STRAMONIUM
○ Loquacious.	○ Loquacious.
○ Strongly religious.	○ Strongly religious.
○ At times violent.	○ At times violent.
○ Face pale, sunken.	○ Face red, bloated.
○ General weakness with cold sweat.	

THE PATIENT IS

Better	*Worse*
1. On walking.	1. At night.
2. In warmth.	2. In wet, cold weather.

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PART-D

EMERGENCIES

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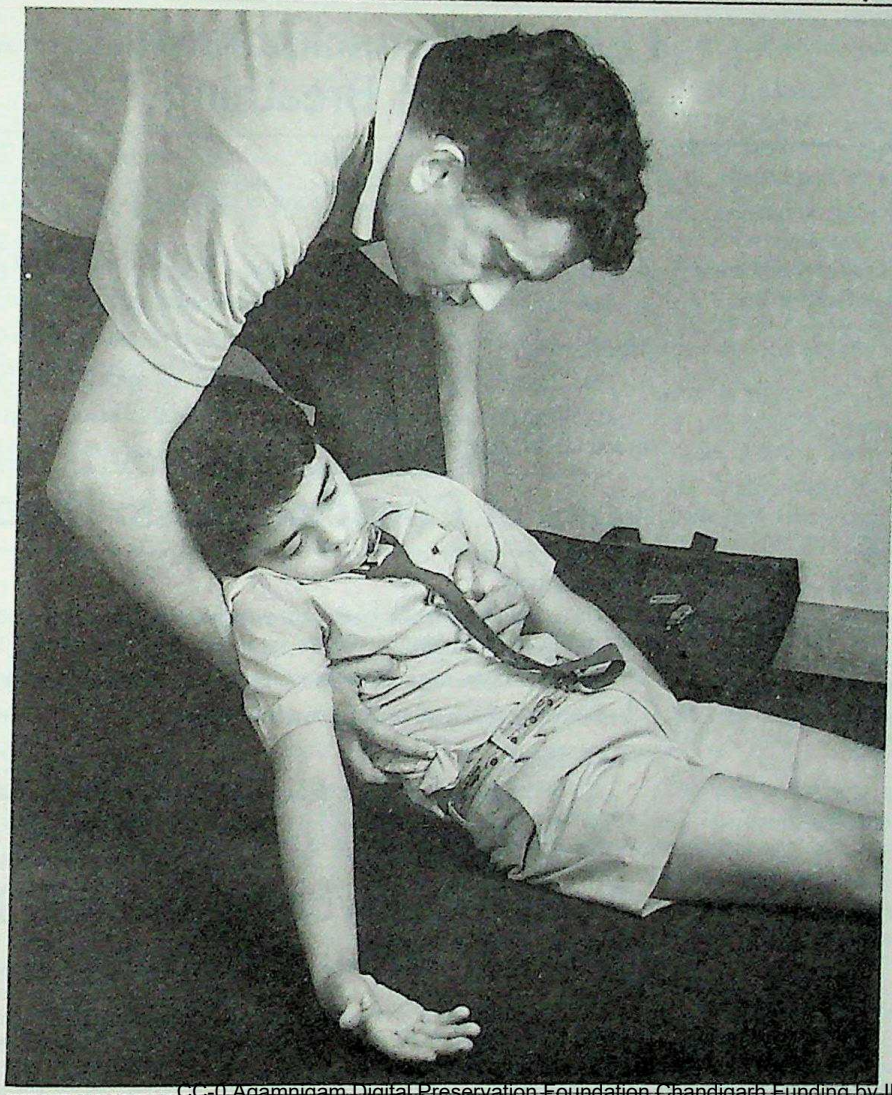
FIRST AID

IN EMERGENCIES, IN ACCIDENTS.



This chapter provides a readily available means of reference for helping in life-threatening emergencies, accidents and for providing first aid, where any delay caused by lack of medication or non-availability of the doctor can have serious consequences either in terms of life or in terms of resulting serious sickness.

As soon as possible competent medical help should be availed of in emergencies and accidents. In the meanwhile the homoeopathic remedies suggested hereafter would provide relief, would halt deterioration in most cases, and may save life in many instances.

Emergencies can be life-threatening. One of these can be severe haemorrhage, where copious bleeding can lead to death. Obstruction of breathing for different reasons is a matter for concern. Serious accidents are life-threatening because there may be unmanageable bleeding, shock and pain.

Below, a list of a few medicines and other items required for first aid in emergencies has been given. This kit can be kept handy in homes, in factories and offices.

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Emergency Kit

MOTHER TINCTURES, 2 dram phials

1. CACTUS
2. CALENDULA
3. CAMPHOR (Always to be stored separately, away from other medicines. Its strong odour can make other homoeopathic medicines ineffective).
4. CANTHARIS
5. GLONOINE
6. HAMAMELIS
7. RHUS VEN

PILLS, SIZE 20, 2 dram phials

8. ACONITE 30
9. AGARICUS 30
10. ANTIMONY TART 200, 1000
11. APIS 200
12. ARNICA 200, 1000
13. ARSENIC ALB 200
14. CANTHARIS 200
15. CARBO VEG 200
16. CHINA 200
17. CICUTA 200
18. CIMICIFUGA 200
19. CUPRUM MET 200
20. DULCAMARA 200
21. GLONOINE 200
22. HAMAMELIS 200
23. HEPAR SULPH 200
24. HYPERICUM 200
25. IPECAC 30
26. LEDUM 200
27. MILLEFOLIUM 200
28. PODOPHYLLUM 200
29. RHUS TOX 200
30. RUTA 200
31. STAPHYSAGRIA 200
32. VERATRUM ALB 1000

OTHER ITEMS

33. CLEAN SURGICAL DRESSINGS
34. SURGICAL COTTON

Loss Of Consciousness: Absence Of Breathing

Precautions:

1. Take the casualty out of the zone of danger, e.g. a house on fire or a road with traffic, by dragging.
2. Loosen collar, raise the chin up and clear the mouth with your fingers.
3. Give artificial respiration; failing this, begin chest compression.

Medicines:

1. Five drops of CAMPHOR mother tincture on sugar every five minutes.

CAMPHOR drops on kerchief to smell; but this would help only if breathing has started.

Loss of Consciousness: Breathing

Precautions:

1. Take the casualty out of the zone of danger, e.g. a house on fire or a road with traffic, by dragging.
2. Loosen collar, raise the chin up and clear the mouth with your fingers.
3. Bleeding, if any, should be immediately attended to.

Medicines:

CAMPHOR mother tincture on kerchief near the nose. Some of the other symptoms may be: imperceptible pulse, icy coldness all over body with death-like paleness of face, effects of shock from injury.

Accidents Involving Internal Injuries With Or Without Bleeding

Such accidents can cause an injury to the stomach, or to any other part of the body. There may be no open wounds, but internally there is a haemorrhage.

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Precautions:

Do not move the patient till the internal haemorrhage has been brought under control.

Medicines:

1. ARNICA 1000 in case the accident has caused a mechanical injury, a physical trauma. Haemorrhage below the skin-surface of an injury is taken care of. Arnica prevents the skin turning blue or black. It relieves pain.

2. MILLEFOLIUM 200 to be repeated every half-an-hour till the internal bleeding has been controlled. The haemorrhage is of bright red blood. It can be from bowels, nose or from any other internal organ.

3. CHINA 200 to counteract weakness resulting from copious flow of blood for any reason. To be administered for a few days,4 times a day. Restores strength.

Accidents Involving Superficial Injuries

Precautions:

1. Remove the patient out of the danger zone, that is, where he might be physically injured by oncoming traffic or for any other reason.

2. Make sure that the patient can breathe comfortably.

3. Care should be taken not to touch the bleeding areas with any dirty linen.

Medicines:

1. ARNICA 1000 in case the bleeding has been caused by injury.

2. CALENDULA mother tincture. Apply locally on the cuts and lacerations with a clean cotton swab. It cuts down pain and prevents pus formation. After applying Calendula the wound can be dressed with a light bandage, if necessary.

Asphyxiation

Lack of oxygen in the blood supply can lead to death. This can be caused by a blocking of the mouth and nose, by physical obstruction or by a piece of bone, or by food or liquid stuck in the throat and the oesophagus. It can also be caused by diseases like asthma or bronchitis.

Precautions:

1. If there is choking on account of food etc in the case of infants, give the child many hard slaps on the back between the shoulders. This should shift the obstruction. At times the child may have to be held upside down.

2. In difficult cases an abdominal thrust may have to be given by putting the child on one's lap, face away from one's face, and pressing the tips of two fingers of each hand side by side, slightly above the navel, gently but firmly. In all cases see that the air passages of the casualty are clear. Put him on his back, turn his head to one side. Remove blood or any other substance from the mouth.

Medicines:

1. CICUTA 200 would relax the oesophagus. The spasm will cease and the bone or other matter obstructing the flow of air can be taken out.

2. CARBO VEG 200 helps in asphyxia by increasing the capacity of the patient to take oxygen and utilize it. It helps even in collapse with cold breath, cold tongue and cold face. In such cases the face goes blue on account of lack of oxygen.

Asthmatic Attack

Severe asthmatic attacks cause disproportionate suffering. There is difficulty in breathing. The lungs are full of mucus which cannot be taken out.

Precautions:

1. The patient should be made to sit in an upright position, raise his forearms on some support in front. See that the elbows are spread out in such a way that the chest muscles are not under pressure.

2. The room should be kept warm and moist by the supply of steam from a boiling water cauldron.

Medicines:

1. ACONITE 30 and IPECAC 30 should be given alternately every 15 minutes to control the attack. 10 pills of each medicine can be dissolved in half a cup of water and a few sips taken to make a dose, but each time before taking a

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sip the solution should be stirred well. As soon as the attack is under control, the interval between the doses can be increased to one hour or more.

2. ANTIMONY TART 1000 should be given to help the patient take out the mucus from the lungs in case he cannot do so on his own.
For later treatment of asthma please refer to 'ASTHMA' in the chapter on 'THE RESPIRATORY SYSTEM'.

Bleeding — External — Copious

Precautions:

1. Take the casualty out of the zone of danger, e.g. a house on fire or a road with traffic, by dragging.

2. Stop bleeding physically as early as possible. A clean handkerchief or any cloth should be pressed on the wound and pressed down. If no cloth is available, exert pressure on the wound with an open hand so that as far as possible the bleeding stops.

3. Raise the limb which is bleeding unless there is a fracture. For chest wounds, the casualty should be made to sit up, inclined towards the side of the injury.

4. Dress the wound after the bleeding has been controlled, with a clean, firm bandage.

Medicines:

1. ARNICA 1000. The first medicine in any injury, acute or chronic. For haemorrhage in injury. Relieves pain. Helps in stopping the flow of blood. Relieves acute stage.

2. CALENDULA mother tincture or ointment. For external application on any bleeding surface. Antiseptic. Aborts formation of pus. Keeps the wound clean and heals it.

3. HAMAMELIS mother tincture. For open painful wounds with dark venous blood. Severe loss of blood leading to weakness. Apply externally.

4. CHINA 200 if much blood has been lost and is still being lost. The patient is about to faint. His vision is dimming. His ears are ringing.

5. CARBO VEG 200 in collapse from bleeding, with cold breath, cold limbs and hunger for air, for oxygen.

Bleeding — Internal

Can be due to injury, food poisoning or many other internal reasons.

Medicines:

1. ARSENIC ALB 200. For internal bleeding on account of food poisoning. Administer 4 times a day.

2. MILLEFOLIUM 200. For all internal bleeding when the blood is bright red, Millefolium 200 should be given 4 times a day. In the beginning, the dose can be repeated more frequently till bleeding has been controlled.

3. HAMAMELIS 200. When the bleeding is of dark, clotted venous blood, administer Hamamelis 200 internally.

Black Eye

This can be a result of external injury. Internal bleeding causes the skin to turn dark blue. The area is swollen. Care should be taken. Apply ice wrapped in a clean handkerchief to the affected area.

Medicines:

1. ARNICA 1000 if there has been an external injury.

2. LEDUM 200 for black eye resulting from a blow or contusion. At times it is more effective than Arnica.

Bruise

Superficial injuries caused by hurt, razor cuts etc.

Medicines:

1. ARNICA 200. Specific for bruises. Relieves pain. Prevents haemorrhage or any other complication.

2. RUTA 200 for bruises of bone, cartilage, tendons. Bruises about ear and about joints. Here Ruta is better than any other medicine.

3. CALENDULA mother tincture or ointment for local application. Heals the wound quickly.

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Burns / Scalds / Blisters

Fire or dry heat causes burns; boiling water or other liquids cause scalds. Blisters are caused by scalds or burns. Blisters are also caused by tight-fitting shoes or by walking barefoot over long distances.

Precautions:

1. Never puncture blisters.
2. Chemical burns should be flushed copiously with water to which Cantharis mother tincture or Hypericum 30 has been added.

Medicines:

1. CANTHARIS 200 should be administered internally for burns, blisters or scalds. It relieves pain and hastens healing.
2. CANTHARIS mother tincture, diluted one-to-four in water, should be applied on the skin-surface repeatedly. The healing is fast, pain is reduced and the scarring is minimum.

Cholera

A very serious situation in which non-stop vomiting and passing of thin stool with great frequency lead to dehydration and death.

Precautions:

The patient should be administered, or rather should be made to drink, water which has been boiled and cooled and in which some sugar and a pinch of common salt has been dissolved as often as possible to make up for the loss of liquids from the body.

Medicines:

1. VERATRUM ALB 1000 should be administered. If recovery does not occur with one dose, a second dose may be administered after an hour. This medicine is indicated where the stool is loose and of white colour and where there is cold sweat on the forehead and other parts of the body. The patient may be turning blue. There is terrible nausea and vomiting.
2. PODOPHYLLUM 200 should be repeated every half-hour in case the stool is of yellow colour.

Concussion

Concussion is caused by a sharp blow to the head or by a fall from a moving vehicle like a motorbike when a rider falls in a manner that his head hits the ground or the machine. The effects of concussion are not always apparent immediately. A concussion can cause convulsions, spasms or twitching. In any event immediate medical attention is required.

Medicines:

1. ARNICA 1000 to be administered as the first medicine.
2. CICUTA 200. If in spite of administration of Arnica, convulsions start, this medicine is indicated.
3. HYPERICUM 200. If the skull has been fractured in concussion or the brain feels bruised or if there is an injury to the nerves. Feels as if lifted high in air.

Cramps

An involuntary or sudden contraction of a muscle.

What to do?

1. The person who suffers a cramp should straighten his leg by standing up and bearing down on his heel and toes in order to stretch the affected muscles. This relieves the cramp in the foot or calf.
2. In the case of cramp in the thigh, an effort should be made to straighten the knee to make it as rigid as humanly possible.
3. Cramps in the hands can be relieved by gently pulling the fingers outwards.

Medicines:

1. CUPRUM MET 200. Cramps in calves, soles, in palms.
2. RHUS TOX 200. Cramps in muscles.

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Cuts — Punctured Wounds

A minor cut resulting in a scratch should be attended to by cleaning the surface with a clean handkerchief. For deep cuts precautions have to be taken to stop bleeding, if any.

Punctured wounds can cause tetanus.

Medicines:

1. CALENDULA mother tincture or ointment for application on bruises, on wounds.

2. STAPHYSAGRIA 200. In clean-cut wounds made with a sharp instrument. The pains are burning and stinging.

3. LEDUM 200. For punctured wounds which bleed scantily but are followed by pain, puffiness and coldness of the affected part of the body. For wounds caused by a splinter, by a nail or by a sharp piercing metal. It acts as a prophylactic against tetanus and pus formation. If tetanus sets in, use Hypericum 200.

Exposure

Exposure to dry or wet cold causes a number of problems, high fever being one of them.

Medicines:

1. ACONITE NAP 30. For any problem which is a result of exposure to dry cold air.

2. DULCAMARA 200. For any problem which is a result of exposure to damp cold air.

Fainting

A human being can faint on account of many reasons, emotional as well as physical.

Precautions:

So long as the casualty is breathing normally, although fainted, he should be laid on his back, legs raised as high as possible above the level of the head. Tight clothes, if any, must be loosened.

Medicines:

CAMPHOR mother tincture to smell on a kerchief. 5 drops on sugar to be administered by mouth every few minutes.

Fits

Caused by a release of electro-chemical energy in the brain.

Precautions:

No effort should be made to control the movements of the affected person. At the same time it should be ensured that he does not injure himself by striking against any furniture or other hard objects.

Medicines:

CUPRUM MET 200. Spasms. Cramps in calves and soles. Convulsions beginning in fingers and toes. Epileptic attacks. Unconsciousness, foaming and falling. Contraction of jaws. Jerking, twitching of muscles. Clenched thumbs.

Fractures

Bones can break or crack either on account of pressure or a blow at a particular spot or because of a force acting indirectly at a distance from the part of the body which has been hit directly.

In children, a bone may bend and may break only partly. At times, a fracture may be an open fracture or a multiple fracture. In such a case, the broken bone pierces through the skin and is visible, and the infection can spread rapidly. Closed fractures in which the broken bone does not come out of the skin can cause complications because the bone may pierce an organ inside the body.

Precautions:

1. The casualty must be handled carefully so that the affected part of the body is moved as little as possible. Clumsy handling can cause additional pain and suffering to the victim.

2. The bone should be cleaned and covered in such a way that the covering allows the protruding bone enough space to lie comfortably in a ring made

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of cloth. The bandaging should be done over this ring, the idea being to avoid pressure on the side of the fracture.

3. The fractured portion should be immobilised and medical attention sought as early as possible.

Medicines:

1. Internally ARNICA 200 and RUTA 200 should be alternated 3 times a day. If the pain is severe, this frequency can be increased.

2. For external dressing, CALENDULA mother tincture or CALENDULA ointment should be used.

3. If the injury has been inflicted by metal or tetanus is feared for any reason, LEDUM 200 should be administered immediately. Two doses per day should be continued for a week. It helps in reducing shooting pain when nerves have been injured in any fracture.

4. CALCAREA CARB 30 should be taken 3 times a day till the fractured bone has healed completely.

Frostbite

In sub-zero temperatures, exposed parts of the body such as toes, fingers, the tip of the nose, chin and cheeks, ears, may develop pallor, numbness and blisters. If the frostbite has been severe, the affected portion may develop gangrene.

Precautions:

1. The casualty should be protected from the freezing conditions without any loss of time.

2. The affected parts must not be given direct heat. These can be massaged with hands until the circulation of blood restarts. The feet should be bandaged without making the bandage tight. Affected fingers and toes should be supported by soft cloth or cotton pads.

3. The victim must be covered with comfortably warm clothing and given sweet,hot drinks.

Medicines:

1. RHUS VEN mother tincture should be applied locally.

2. AGARICUS 30 should be given 4 times a day till recovery. It takes care of burning, itching, redness and swelling resulting from frostbite.

3. In case gangrene develops, use HEPAR SULPH 200, 4 times a day for a week or more.

Heart Attack

When the blood supply to the heart is reduced on account of a narrowing artery or by formation of a clot of blood in an artery, a heart attack can occur. The victim experiences constricting, severe pain in the chest. At times, this pain radiates around the left arm and upwards into the left side of the neck. The patient experiences difficulty in breathing. His pulse is irregular or weak. At times, he may lose consciousness.

Precautions:

1. Artificial respiration should be started at the earliest. Also chest compression.

2. Clothing round the neck, the chest and the waist should be loosened. There must be no over-crowding around the casualty.

3. Get medical help immediately.

Medicines:

1. In an attack of angina pectoris, when the pain is severe in the left arm, left elbow, in the region of the heart, when the pulse is feeble and irregular and there is distress in breathing, administer ARNICA 1000 immediately. The medicine may be repeated after an hour if there is not enough relief.

2. When the symptoms are those of a heart attack and not just those of angina pectoris, when there is suffocation, cold sweat, screaming pain, when the face turns blue, give CACTUS mother tincture, 10 drops in water,every 30 minutes till the condition stabilises.

3. In case of collapse with coldness of external surfaces, give CAMPHOR mother tincture, 10 drops on sugar every 15 minutes. The victim should be made to smell CAMPHOR drops on a clean cloth.

4. In case of arterial spasm with pallor and blue skin with the pulse small and weary, when there is temporary loss of consciousness, give GLONOINE mother tincture, 15 drops in a teaspoon of water every few minutes.

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Heat-Stroke

Exposure to excessive heat can lead to heat exhaustion and heat-stroke. The patient is thirsty and suffers dizziness. He has headache, nausea, feels drowsy. He breathes noisily. His skin feels dry and hot. His temperature rises to 104°F or 40°C and above. Blood pressure comes down. Dehydration occurs. He becomes unconscious.

Precautions:

1. The patient must be shifted to a shady area or an airconditioned room as early as possible.
2. His body can be cooled by wrapping it in sheets soaked in cold water.
3. Encourage the patient to drink substantial amounts of water or fruit-juice so that the fluids lost from the body can be made up. Add a pinch of common salt to water.
4. The temperature should not be allowed to rise beyond 102°F or 38°C. Use a cold compress as often as necessary.

Medicines:

1. GLONOINE 200. Given 4 times a day, this is the best remedy in cases of heat-stroke or sun-stroke. If available, this should also be the first remedy.
2. VERATRUM ALB 1000. If the patient is retching uncontrollably and is passing white, loose motions, give Veratrum Alb 1000 for immediate recovery. Generally, the dose may not have to be repeated.

Injury To Back, Neck

It is a serious injury and can result in paralysis. Sometimes it can be fatal.

Precautions:

1. First aid should be given by a properly qualified person because movement after an injury to the neck or back can have serious consequences.
2. The casualty should be covered with a blanket. The neck must not be raised.

Medicines:

1. ARNICA 1000. For immediate administration if there is a physical injury. Continue twice a day.
2. HYPERICUM 200. To follow Arnica after an hour and to be continued for a few days till a cure has occured. It takes care of injuries to the spine, to the coccyx and of damage to nerves and fibres of the spinal cord.
3. CIMICIFUGA 200. For stiffness and constriction in the neck and back. Spine very sensitive, especially the upper part. Cervical spondylosis.
4. CICUTA 200. For spasms and cramps in the muscles of the nape of the neck. Limbs curved. Stiffness of the cervical muscles.

Injury To Eye

An eye can be injured by a direct blow, by a foreign body or by a chemical burn.

Precautions:

1. For chemical burns, flush the eye completely with cold running water.
2. A foreign body if lodged in the eyelid should be cleared with a piece of clean, soft cloth.
3. In either case it may be necessary to take the injured to the hospital at the earliest. An injury to the eye must be taken seriously.

Medicines:

1. ARNICA 200. This should be enough to take care of an injury by a direct blow or by a foreign body.
2. CANTHARIS 200. For burning in the eyes on account of a chemical injury.
3. CALENDULA mother tincture for ' leeding in an injury. Application outside the eye only.

Insect Bites And Stings

Precautions:

1. Do not scratch.

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Medicines:

1. APIS 200. The first medicine for insect bites. Swelling with stinging; burning, sharp pain. Better by cold application.

2. LEDUM 200. Punctured wounds which bleed scantily, but are followed by pain, puffiness and coldness of the part of the body. Prevents shooting pain and pus formation.

Poisoning

An intake of rotten, exposed food can result in food poisoning. At times, substances which are poisonous are taken unintentionally. Poisonous gases are inhaled for reasons beyond one's control.

Precautions:

1. If there is loss of consciousness but the casualty is breathing, make him lie on his stomach. Ensure that the air passages are clear, and that the tongue of the victim has not turned backwards. Get medical help as early as possible.

2. If the victim is not breathing, make him smell Camphor mother tincture on a clean cloth. At the same time, give artificial respiration with chest compression.

Medicines:

1. ARSENIC ALB 200. In cases of food poisoning, give Arsenic Alb 200 every hour.

2. Where the patient is unconscious, make him smell CAMPHOR mother tincture on a clean cloth.

Shock

All human beings can suffer emotional shock from an injury or from an unhappy experience. Shock can also be the result of a drastic reduction in the supply of blood to the heart or the brain on account of injuries, burns, heart attacks etc.

Precautions:

1. In case of emotional shock, the victim must be assured. Give him hot, sweet tea.

2. In case of clinical shock, make the victim comfortable by loosening the clothes around neck, chest and waist. Raise his legs to increase blood supply to the brain.

3. Look for any apparent injury and treat it. In case of unconsciousness, turn the patient on his stomach and get medical help immediately.

Medicines:

1. ACONITE 30. For emotional shock, give Aconite 30, every half-an-hour.

2. In case of unconsciousness, administer CAMPHOR mother tincture 5 drops on sugar every 5 minutes. Also let the patient smell Camphor mother tincture on a clean cloth.

Sprains And Strains

A sprain may occur at a joint when the joint is torn or wrenched. This can affect the ankles, wrists, elbows, hips, knees or shoulders.

A muscle may be strained by lifting a weight in a wrong posture or because the weight is too much for the concerned muscle.

Precautions:

1. In case of sprains, the injured part should be comforted with a cold compress. The injured area can be bandaged to make it more comfortable.

2. In case of strain, the injured portion should not be moved unnecessarily. Apply cold compress to reduce discomfort.

Medicines:

1. ARNICA 1000 should be given if the body has suffered an injury. This would reduce pain and swelling.

2. RUTA 200. For torn cartilages and tendons, give Ruta 200. It can be alternated with Arnica.

3. RHUS TOX 200. For strains of muscles and tendons, if Arnica does not prove enough, give Rhus Tox 200. The patient is extremely restless and cannot keep still.

Sun-Stroke Please see 'HEAT-STROKE'.

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PART - E

INIMICAL REMEDIES/ BIBLIOGRAPHY/ GLOSSARY/ INDEX

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REMEDIES WHICH ARE INIMICAL TO ONE ANOTHER

REMEDY	INIMICALS
Acid Acetic	Borax Causticum Nux Vomica Ranunculus Bulbosus Sarsaparilla
Acid Lactic	Coffea
Acid Nitric	Lachesis
Allium Cepa	Allium Sativum Aloe
Allium Sativum	Aloe Allium Cepa
Aloe	Allium Sativum
Ammonium Carb	Lachesis
Apis	Rhus Tox
Arum Triphyllum	Caladium Senguinum
Asterias Rubens	Coffea Nux Vomica
Aurum Muriaticum Natronatum	Coffea
Baryta Carb	After Calcarea
Belladonna	Acid Acetic Dulcamara
Borax	Acid Acetic
Bovista	Coffea
Caladium	Arum Triphyllum
Calcarea Carb	Acid Nitric
Calendula	Camphor
Camphor	After Kali Nitricum.
Cantharis	Coffea
Carbo Vegetabilis	Kreosotum does not follow.
Caulophyllum	Coffea
Causticum	Acid Acetic Coffea Phosphorus
Chamomilla	Zincum Met
China	After Digitalis and Selenium.
Cistus Can	Coffea
Cocculus	Coffea
Coffea	Cantharis Causticum Cocculus Ignatia
Digitalis	Nitri Spiritus Dulcis China
Dulcamara	Acid Acetic Belladonna Lachesis
Ferrum Met	Acid Acetic
Ignatia	Coffea Nux Vomica Tabaccum
Kali Bichromicum	Does not follow Calcarea.
Kali Nitricum	Camphora does not follow.
Kreosotum	After Carbo Vegetabilis.
Lachesis	Acid Acetic Acid Carbolic Acid Nitric Dulcamara Ammonia Carb Psorinum
Ledum	China
Lycopodium	Sulphur follows Lycopodium but Lycopodium does not follow Sulphur.
Mercurius	Acid Acetic Silicea disagrees before or after potentized Mercury.
Millefolium	Coffea
Nux Vomica	Acid Acetic Ignatia Zincum Met
Phosphorus	Causticum
Ranunculus	Acid Acetic Staphysagria Sulphur
Rhus Tox	Apis
Sarsaparilla	Acid Acetic
Selenium	China
Sepia	Bryonia Lachesis
Silicea	Mercurius
Squilla	Allium Sativa
Staphysagria	Ranunculus
Stramonium	Coffea
Sulphur	Sulphur follows Lycopodium but Lycopodium does not follow Sulphur. (Dr. Kent). Ranunculus.
Vespa Crabro	Argentum Nitricum
Zinc	Chamomilla Nux Vomica

Extracts from a chart prepared by R. GIBSON MILLER.

Reproduced from POCKET MANUAL OF HOMOEOPATHIC MATERIA MEDICA BY WILLIAM BOERICKE, M.D.

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by C. Hering. M.D. 10 volumes
Published by
B. Jain Publishers Pvt. Ltd.,
New Delhi - 110055.

Dr. Hering was a pioneer. His 'Guiding Symptoms' is an invaluable contribution to homoeopathy. The materia medica was for the first time systematically listed in it. He carefully tabulated symptoms more frequently confirmed, those verified by cures and those which had been repeatedly verified.

2. THE ENCYCLOPEDIA OF PURE MATERIA MEDICA

by T.F. Allen, M.D. 12 volumes
Published by
B. Jain Publishers Pvt. Ltd., New Delhi - 110055.

In the words of the author, the aim of the 'Encyclopedia of Pure Materia Medica' is to supply a complete and accurate record of the positive effects of drugs upon the healthy human organism. The compilation has been made firstly from experiments made upon healthy individuals for the purpose of noting the effects of the drugs; secondly, from effects observed after poisonous doses accidentally or maliciously administered and thirdly from symptoms observed in the sick after the administration of the drug. Dr. Allen has added effects of drugs which have been so repeatedly verified clinically that they clearly indicate the remedy.

3. LECTURES ON HOMOEOPATHIC MATERIA MEDICA

by James Tyler Kent. Published by B. Jain Publishers Pvt. Ltd., New Delhi - 110055.

This book deals with around 200 drugs and has become a land mark in the history of homoeopathic studies.

4. POCKET MANUAL OF HOMOEOPATHIC MATERIA MEDICA

by Willian Boericke. Published by B. Jain Publishers Pvt. Ltd., New Delhi - 110055.

A very comprehensive book on most of the drugs being used in the homoeopathic system. It describes their effects on every part of the body separately. It also includes a very well arranged though complicated, repertory of symptoms arranged according to parts of the body. This book should be taken up for study and reference after one has learnt the basics of homoeopathy.

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by E. B. Nash.
Published by M. Bhattacharya & Co. Pvt. Ltd., Calcutta.

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The most exhaustive repertory ever published. Its consultation requires concentration as well as precision. But the rewards are worth it.

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Writings of Dr. Samuel Hahnemann

1. ORGANON OF MEDICINE.
2. MATERIA MEDICA PURA, 2 volumes.

Published by B. Jain Publishers Pvt. Ltd., New Delhi 110055

Everybody who takes interest in homoeopathy ought to read Dr. Hahnemann in the original. His prophetic thinking, his courage of conviction and the soundness of his beliefs come out very well in his writings.

'The Organon Of Medicine' is the statement of faith by Dr. Samuel Hahnemann. Most of its chapters

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hold as true today as they did at the time of writing. Dr. Hahnemann's style is unique. It is literary. It is the style of a crusader.

In 'Materia Medica Pura', provings of more than 60 drugs have been discussed with remarkable originality. This book takes us back to the times in which Dr. Hahnemann was experimenting and researching. The symptoms as exhibited by the provers are meticulously recorded.

Human body, diet and other useful reference books.

1. LISTEN TO YOUR BODY

Published by Rajendra Publishing House Pvt. Ltd., Worli, Bombay 400 018.

A Head-to-Toe Guide to more than 400 Common Symptoms, Their Causes and Best Treatment. LISTEN TO YOUR BODY is the encyclopedia to your health. Complete and authoritative. Excellent for the layman. This book gives you the state-of-the-art solutions to literally hundreds of questions and concerns about the troubles and annoyances that interfere with your health.

LISTEN TO YOUR BODY tells you:

- How to recognise when a symptom is serious and when it is not.
- The treatments and cures used by top physicians for scores of symptoms and diseases.
- The hundreds of symptoms that you can treat yourself.
- How to recognise the signs of 180 common conditions and diseases.
- When you need to see your doctor and when you don't.
- Hundreds of self-help treatments and how to use them.
- What symptoms signal an emergency.

2. FUTURE YOUTH - How to Reverse the Aging Process

Published by Rajendra Publishing House Pvt. Ltd., Worli, Bombay 400 018.

This book gives detailed advice to you on how to reverse debilitating health conditions. In it you will find the A to Z of renewed youth, from preventing accidents and overcoming arthritis to preventing or treating varicose veins. The latest in both, self-care techniques and medical treatments is made available in this remarkable publication. With these ideas you can banish an aching back, lower high blood pressure, generate both mental and physical energy, strengthen your immune system, develop a fit cardio-vascular system and much, much, more. This book provides you with the latest information on how to care for your skin, or your hair and your nails, how to slim down and even how to select an up-to-date wardrobe. FUTURE YOUTH lays down a complete programme for a year of rejuvenation.

3. POSITIVE LIVING & HEALTH

Published by Rajendra Publishing House Pvt. Ltd., Worli, Bombay 400 018.

When it comes to your health, it is the thought that counts ! Our thoughts, modern medical research has revealed, affect our bodies in much the same way as hormones. They can boost or diminish our immune systems, cause or cure disease, and change the delicate chemistry of the body in many complex ways. Positive Living and Health shows you the way.

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A most useful book for ready reference. It is a mine of information on diseases, symptoms, the human body, home nursing, child care and what not. Superbly illustrated.

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Published by the Reader's Digest Association, Inc., New York.

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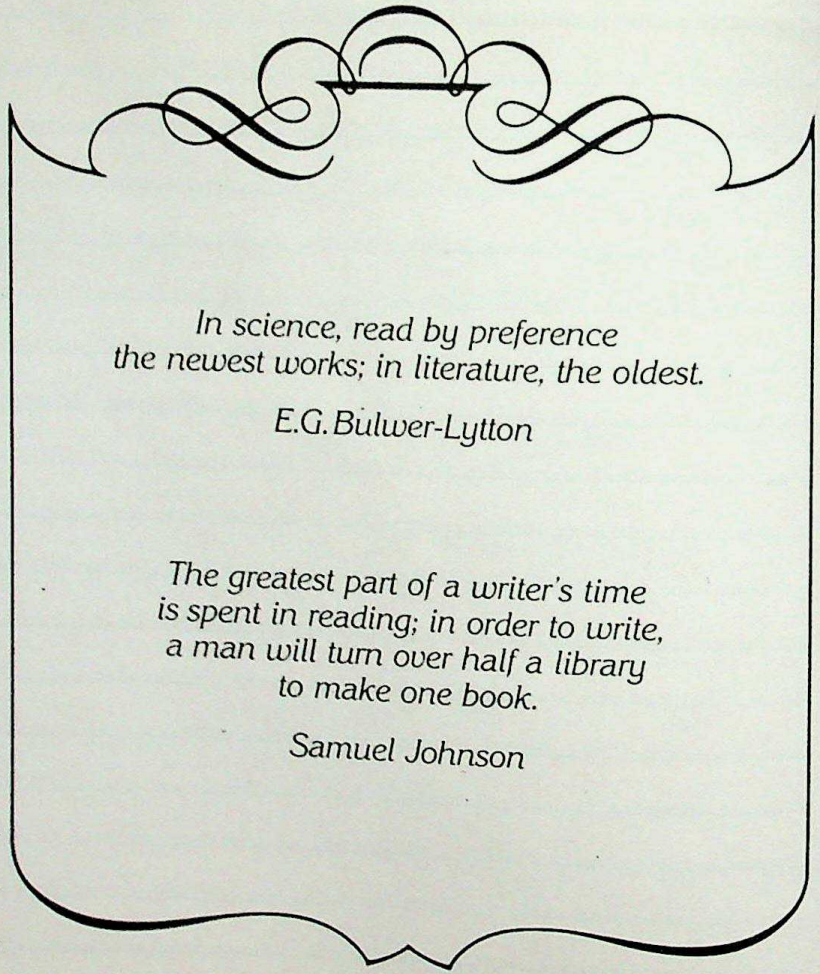
Personal Notes



In science, read by preference
the newest works; in literature, the oldest.

E.G. Bulwer-Lytton

The greatest part of a writer's time
is spent in reading; in order to write,
a man will turn over half a library
to make one book.

Samuel Johnson

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GLOSSARY

ABERRATION Deviation from what is normal.

ABORTION Premature expulsion of human foetus, induced or otherwise.

ABSCESS A collection of pus formed by tissue disintegration and surrounded by an inflamed area.

ACCOUCHEMENT The act of giving birth; childbirth.

ACETOACETIC ACID A syrupy, colorless acid, excreted in the urine and found in abnormally high quantities in the urine of diabetics.

ACETONE A colorless, volatile, extremely flammable liquid, widely used as an organic solvent.

ACHALASIA Failure to relax of smooth muscle fibres at any junction of one part of the gastrointestinal tract with another.

ACIDITY Excessive acid quality, as of the gastric juice.

ACRID Biting, sharp to taste or smell.

ACROCYANOSIS Cyanosis of the extremities with mottled blue or red discoloration of the skin of the digits, wrists and ankles.

ACROPARAESTHESIA A disease marked by attacks of tingling, numbness and stiffness in the extremities.

ADDISON'S DISEASE Characterised by debility, low blood pressure and a brownish skin coloration.

ADENOIDS Lymphoid tissue growths in the nose above the throat that when swollen may obstruct nasal breathing, induce postnasal discharge, and make speech difficult.

ADIPOSE Animal fat stored in the fatty tissue of the body.

AGITANS Shaking.

ALBUMIN Any of several simple, water-soluble proteins that are coagulated by heat and are found in egg-white, blood serum, milk, various animal tissues and many plant juices and tissues.

ALBUMINURIA The presence of albumin in the urine, sometimes indicative of kidney disease.

ALIMENTARY CANAL The mucous-membrane lined tube of the digestive system, extending from the mouth to the anus and including the pharynx, oesophagus, stomach and intestines.

ALLOPATHIC Therapy with remedies that produce effects differing from those of the disease treated.

ALVEOLAR a) Pertaining to the jaw section containing the tooth sockets.
b) Pertaining to the alveoli of the lungs.

ALVEOLI Air sacs in the lungs.

AMELIORATE To make better, improve.

AMENORRHEA Abnormal suppresion or absence of menstruation.

AMOEBIASIS A digestive tract infection caused by amoebae.

AMOEBIC DYSENTERY An infectious, inflammatory disease of the colon; resulting in severe pain and diarrhoea.

AMORPHOUS Shapeless.

AMPHETAMINE A drug that stimulates the central nervous system; used chiefly to lift the mood or whet the appetite.

AMPUTATION Cut off by surgical operation.

ANAEMIA Lack of red blood corpuscles.

ANAESTHESIA Loss of sensation induced by anaesthetics.

ANEURYSM A sac formed by dilatation of a blood vessel.

ANGINA PECTORIS A syndrome characterised by paroxysmal pain below the sternum, most easily

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precipitated by exertion or excitement and caused by ischemia of the heart muscle, usually due to a coronary heart disease, such as arteriosclerosis.

ANGUISH Agonizing physical or mental pain.

ANKLES Joints connecting the foot with the part of the leg below the calf.

ANTERIOR CHAMBER Cavity in front.

ANTIBIOTICS Substances that destroy bacteria or prevent their growth.

ANTIBODIES A protein naturally existing in blood serum or produced in response to stimulation by an antigen, that reacts to overcome the toxicity of a specific antigen.

ANTIGEN Any of a class of substances that stimulates production of antibodies.

ANTIDOTE Substance that counteracts the effects of poison of a drug etc.

AORTA Main artery from heart.

AORTIC VALVE A valve between the aorta and the left ventricle of the heart that prevents the blood from flowing back.

APHONIA Loss of speech, or voicelessness, as a result of disease or injury to the organs of speech.

APHTHAE Small ulcers, especially the whitish or reddish spots in the mouth.

APOPLEXY A sudden, usually marked loss of bodily function due to rupture or occlusion of a blood vessel.

APOTHECARY A druggist or pharmacist who prepares and sells medicines and drugs.

APPENDICITIS Inflammation of the Vermiform Appendix.

APPENDIX See 'Vermiform Appendix'.

APPETITE A desire for food or drink.

ARTERIOSCLEROSIS A chronic disease, in which blood circulation is interfered with by the thickening and hardening of arterial walls.

ARTERY A muscular tube carrying blood from the heart.

ARTHRITIS Inflammation of the joint or joints.

ASPHYXIATION Suffocation.

ASIATIC CHOLERA A form of cholera.

ASPIRIN Drug that relieves pain and reduces fever.

ASTHENIA Lack or loss of strength, debility.

ASTHMA A chronic respiratory disease, accompanied by labored breathing, chest constriction, and coughing.

ATHEROMA Condition where there is a deposit of fat in the inner lining of the arterial walls.

ATONY Lack of sufficient muscular tone or strength.

ATRIAL FIBRILLATION Rapid, random contractions of the middle and thickest layer of the heart wall, causing an irregular, and often rapid ventricular rate.

ATROPHY The wasting away of tissues, organs or the entire body.

AUDITORY VERTIGO Vertigo related to a disturbance of the balancing mechanism in the ears.

AURAL VERTIGO Same as above.

BACILLARY DYSENTERY Dysentery caused by Shigella bacteria.

BACKACHE A pain especially in the lumbar region of the back.

BACTERIA Any of numerous microscopic, unicellular vegetable organisms.

BALANITIS Inflammation of the glans penis.

BELCH A noisy expulsion of gas from the stomach through the mouth.

BILE A liver secretion, bitter, alkaline, brownish-yellow or greenish-yellow, stored in the gallbladder, and discharged into the duodenum to aid digestion.

BILIRUBIN A reddish-yellow organic compound derived from haemoglobin during normal destruction of erythrocytes blood cells containing haemoglobin.

BLADDER A distensible, membranous sac, especially the urinary bladder.

BLISTER A thin, rounded swelling of the skin, containing watery matter, caused by burning or irritation.

BLOATED Swollen. Inflated.

BLOOD The fluid circulated by the heart through the vertebrate vascular system, carrying oxygen and nutrients throughout the body and waste materials to excretary channels.

BLOOD DYSENTERY Dysentery in which stool contains blood.

BLOOD PRESSURE Pressure of blood within the arteries, maintained by the contraction of the left ventricle of the heart.

BONE MARROW The soft material that fills bone cavities, consisting in varying proportions, of fat cells and maturing blood cells, together with supporting connecting tissues and numerous blood vessels.

BOWEL The digestive tract below the stomach, an intestine.

BRADYCARDIA Abnormally slow heartbeat, less than 60 beats per minute.

BREATHLESSNESS State of being out of breath.

BRONCHIAL Of the branches of the windpipe.

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BRONCHIOLES Any of the fine, thin walled, tubular extensions of a bronchus which is one of the two main branches of the windpipe.

BRONCHITIS Inflammation of bronchial tubes.

BRONCHORRHOEA Excess discharge of mucus from the bronchi.

BUNION Swelling at the base of the big toe, with thickened skin.

BRUISE An injury on the surface of unbroken skin, due to haemorrhage into tissue from ruptured vessels.

BURNS Injury caused by fire or heat.

BURNING Sensation of intense heat.

CADAVEROUS Corpselike, pale.

CALCANEAL SPUR An extension in the calcaneal bone.

CALCULUS A stone, in the gall bladder, kidney or urinary bladder.

CALLOSITY Hardened skin due to pressure with loss of sensitivity.

CALVES The fleshy muscular back part of the leg.

CANCER Malignant tumour.

CAPPILLARIES Hairlike, fine, minute blood vessels that connect arteries and veins.

CARBOHYDRATES Energy-producing compound (e.g. starch) in food.

CARBUNCLE Severe abscess.

CARCINOMA Cancerous ulcer.

CARDIAC Of, near or pertaining to the heart.

CARDIOVASCULAR Pertaining to or involving the heart and the blood vessels.

CARIOUS Having caries; decay of bone or teeth.

CAROTIDS The two major arteries in the neck carrying blood to the head.

CARTILAGE A tough, white, elastic, fibrous, connective tissue in the skeleton.

CATALYST A substance, that modifies and frequently increases the rate of a chemical reaction without being consumed in the process.

CATAPLEXY A condition marked by abrupt attacks of muscular weakness.

CATARRH Inflammation of mucous membranes, especially of the nose, with a watery discharge.

CAULDRON Large deep pot for boiling things.

CELIBATE One who does not engage in sexual activity.

CEREBRAL Of the brain.

CEREBRO-SPINAL MENINGITIS Inflammation of meninges of,or pertaining to the brain and the spinal cord.

CERVICAL VERTEBRAE Vertebrae pertaining to the neck.

CERVICITIS Inflammation of the cervix,of the uterus.

CERVIX Neck like structure, especially of womb.

CHALAZION A small eyelid mass which forms as a result of chronic inflammation of a meibomian gland.

CHANCRE A dull-red, hard, insensitive lesion that is the first manifestation of syphilis.

CHEILOSIS Cracking and dryness of the lip-surface and of the angles of the mouth. A symptom of Riboflavin deficiency.

CHEMOTHERAPY The treatment of disease with chemicals.

CHOLERA An acute, infectious,epidemic disease, often fatal, and characterised by watery diarrhoea, vomiting, cramps, suppression of urine and collapse.

CHOLERA INFANTUM Infantile diarrhoea.

CHOLESTEROL A glistening white, soapy, crystalline substance occuring notably in bile, gallstones, the brain, bloodcells, plasma, egg yolk, and seeds.

CHOREA A nervous disorder, especially of children, marked by uncontrollable and irregular movements of the muscles of the arms, legs and face.

CHOROID The dark-brown vascular coat of the eye between the sclera and the retina.

CHRONIC Of long duration; prolonged and lingering disease.

CHYME Thick semifluid mass of partly digested food that passes from the stomach to the duodenum.

CILIARY Relating to the eye.

CILIARY NEURALGIA Nerve pain relating to the eye.

CIRRHOSIS OF THE LIVER Serious disorder of the liver.

CLIMACTERIC A period of critical physiological change in the body. Menopause.

CLITORIS Small erectile part of female genitals.

CLOT Thickened mass of liquid.

COCCYDYNIA Inflammation and pain in the coccyx.

COCCYX A small bone at the base of the spinal column.

COITUS Sexual intercourse.

COLIC Acute, sudden, violent fit of pain caused by spasms, obstruction or distension in the abdomen.

COLLAPSE To break down suddenly; to cease to

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function; to fall abruptly.

COLON The section of the large intestine extending from the cecum to the rectum.

COMA Deep unconsciousness.

COMMON COLD Acute inflammation of the nasal mucous membrane marked by discharge of mucus, sneezing and watering of eyes.

COMPRESSION Keeping a pad to stop bleeding or to cool inflammation.

CONCUSSION Violent shaking or shock to a soft structure, especially of the brain.

CONDOMS A sheath to cover the penis during sexual intercourse.

CONDYLOMA A wart-like excrescence on the skin, usually in the region of the anus and genitals.

CONFINEMENT The lying-in of a woman.

CONFUSED Perplexed, befuddled, jumbled, disordered.

CONGESTION Overfullness of blood vessels.

CONSCIOUS Awake, not asleep. Aware of one's existence, sensations and environment.

CONSTIPATION Difficult, infrequent, incomplete evacuation;blocked state of bowels.

CONSTRICTED Contracted, drawn together, made smaller or narrower.

CONTAGIOUS Catching, transmissible by direct or indirect contact.

CONTAMINATE To make impure or infect by contact.

CONTORTIONS Forced or twisted out of normal shape.

CONTROL Direct, regulate, restrain, to check.

CONTUSION Bruise.

CONVALESCENCE Process of regaining health after an illness.

CONVULSIONS Violent involuntary contraction of muscles.

COPIOUS Plentiful, abundant.

CORNEA Transparent,uniformly thick, nearly circular, convex structure; anterior part of the eye.

CORONARY-THROMBOSIS Coagulation of blood in a coronary artery often leading to destruction of heart muscles.

CORPUSCLES Tiny constituent particles in blood which are capable of free movement; blood cells.

CORTISONES Hormones produced by adrenal glands or synthetically.

CORYZA Common cold.

COUGH A sudden and noisy expulsion of air from the lungs through the mouth.

CRAMPS Severe pain causing sudden involuntary muscular contraction, often occuring in the leg or shoulder as a result of strain or chill.

CRANIUM Skull of a vertebrate.

CROUP A throat disease affecting the larynx in children, characterized by respiratory difficulty and harsh cough.

CYANOSIS A bluish discoloration of the skin, resulting from inadequate oxygenation of the blood.

CYST Abnormal sac of fluid on or in the body.

DARTING Sending out rapidly.

DEBAUCHERY Over-indulgence in harmful or immoral pleasure.

DEFECATE To void faeces from the bowels.

DEGLUTITION The process or act of swallowing.

DEHYDRATION Remove moisture; lose moisture.

DELIRIUM Disordered state of mind, especially during fever.

DENTITION The cutting of teeth.

DESPONDENCY Dejection, hopelessness.

DIABETES MELLITUS A disease characterised by insulin deficiency in which sugar and starch are not properly metabolised by the body.

DIAPHRAGM A kind of partition especially between chest and abdomen.

DIASTOLIC PRESSURE Blood pressure during the normal rhythmic dilatation of the heart during which its chambers are filling with blood.

DIARRHOEA Evacuation of frequent fluid faeces.

DIGESTION The bodily process by which enzymes decompose foodstuffs in simple, assimilable substances.

DILATATION Made wider or become wider.

DIPHTHERIA Infectious disease with inflammation of the throat.

DISTENSION Bloated or turgid from or as if from internal pressure; to swell out.

DORSAL Of or on the neck.

DRIBBLE To trickle, to flow in drops.

DROPSY Disease in which fluid collects in the body.

DUODENITIS Inflammation of the duodenum.

DUODENUM Part of the intestine next to the stomach.

DYSENTERY Disease causing severe diarrhoea.Often with pain, blood and mucus.

EAR The organ of hearing, also responsible for maintaining equilibrium as well as sensing sound.

ECZEMA A skin disease causing scaly itching patches.

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EJACULATION Ejection of fluid, especially semen.

EMACIATED Thin from illness or starvation.

EMISSION The action of releasing or sending forth. Ejection of semen.

EMPHYSEMA Abnormal distension of a part of the body particularly the lungs.

ENCYSTED Enclosed in a cyst; taking the form of a cyst.

ENCEPHALITIS Inflammation of the brain.

ENDOCARDITIS Inflammation of the endocardium.

ENDOCARDIUM Thin membrane that lines the interior of the heart.

ENDOCRINE GLAND One of many glands, pouring secretions directly into the blood, not through a duct.

ENGORGE To congest or fill to excess, as with blood.

ENURESIS Involuntary urination.

ENZYMES Protein formed in living cell and assisting chemical processes.

EPIDEMIC Outbreak of a disease spreading through a community.

EPIGASTRIUM The upper middle region of the abdomen.

EPIGLOTTIS An elastic cartilage located at the root of the tongue that folds over the glottis to prevent food from entering the windpipe during the act of swallowing.

EPILEPSY Disorder of the nervous system, causing fits.

EPISTAXIS Nosebleed.

ERUCTATION Belching.

ERUPTION Redness, spotting or other blemishing of the skin.

ERYSIPELAS An acute skin disease marked by spreading and shifting inflammation.

EUPHORIA Feeling of happiness.

EUSTACHIAN TUBE A passage connecting the middle ear to the pharynx.

EVACUATION To excrete or discharge waste matter from the bowels.

EXCORIATE To tear or wear off the skin; chafe.

EXCRESCENCE An abnormal, disfiguring outgrowth or enlargement.

EXHAUSTION Tired out; worn out.

EXPECTORATION Cough and spitting of phlegm.

EXPOSURE Left uncovered or unprotected.

FAECES Waste matter discharged from the bowels.

FAINTNESS Feeling of collapsing and losing consciousness.

FALLOPIAN TUBE Either of a pair of slender ducts that connect the uterus to the region of the ovaries in the female reproductive system.

FATS Any of several white or yellowish greasy substances composed of carbon, hydrogen or oxygen, that form the chief part of adipose tissue in the body.

FERMENTATION Chemical change caused by an organic substance producing effervescence and heat.

FETID Smelling bad, stinking.

FEVER Abnormally high body temperature.

FIBRO-ADENOMA A benign tumour of gland-like structure full of fibrous matter.

FIBROID TUMOUR A tumour largely composed of fibrous tissue and smooth muscle.

FIBROIDS Benign tumours consisting of fibrous tissue.

FISSURE A groove or furrow in skin.

FISTULA An abnormal duct or passage from an abscess, cavity or hollow organ to the body surface or to another hollow organ.

FITS Sudden attacks of illness or its symptoms, or of convulsions or loss of consciousness.

FLATULENCE Presence of gas in the digestive tract.

FLATUS Gas generated in the digestive tract.

FLEXOR TENDONS Muscles that act to flex a joint.

FOLLICLES Very small cavities containing hair roots.

FORESKIN Loose skin at the end of the penis.

FRACTURE Break in a bone.

FRIGID Unresponsive sexually.

FUNGUS Mushrooms, molds, mildews etc, substances which have no chlorophyll and which subsist upon dead or living matter. A spongy abnormal growth formed in a wound.

GALL-BLADDER A small pear shaped, muscular sac located under the right lobe of the liver, in which bile secreted by the liver is stored.

GANGRENE Decay of body tissue, due to failure in blood supply injury or disease.

GASTRALGIA Neuralgia of the stomach; any stomach pain.

GASTRIC Of or pertaining to the stomach.

GASTRIC ULCERS An erosion of the inner wall of the stomach caused in part by the corrosive action of the gastric juices on the mucous membrane.

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GASTROENTERITIS Inflammation of the mucous membrane of the stomach and intestine.

GIARDIASIS A disease of the small intestine characterized by diarrhoea and nausea.

GINGIVITIS Inflammation of the gums.

GLANS The glans penis, the glans clitoris.

GLAUCOMA Condition caused by increasing the presence of fluid within the eyeball.

GLOMERULUS A tuft of capillaries situated at the origin of the vertebrate kidney.

GLUTINOUS Glue-like, sticky.

GLUTTON One who eats far too much.

GNAWING Biting persistently.

GOITRE Unhealthy enlargement of thyroid gland.

GONOCOCCUS A bacterium that causes gonorrhea.

GOUT Disease causing inflammation of the joints.

GYNAECOLOGIST Specialist in the study of female reproductive organs.

HAEMATOGENOUS JAUNDICE Jaundice associated with haemolytic anaemia.

HAEMATURIA Blood in the urine.

HAEMORRHAGE Profuse bleeding.

HAEMORRHOIDS Varicose veins at or near the anus.

HANGOVER Unpleasant after-effects of drinking too much alcohol.

HALLUCINATION Illusion of seeing or hearing something not actually present.

HAY FEVER Catarrh caused by pollen or dust.

HEARTBURN Burning sensation in the lower part of the chest.

HEART ATTACK Sudden failure of the heart to function normally.

HEAT-STROKE Illness caused by overexposure to sun, to heat.

HEMICRANIA Unilateral headache.

HEPATIC Of or resembling, acting or occurring in the liver.

HEPATITIS Inflammation of the liver accompanied by jaundice, and fever.

HEREDITARY Inherited.

HERNIA Protrusion of a portion of an organ through an abnormal opening.

HERNIA FEMORAL Protrusion of a loop of intestine into the femoral canal.

HERNIA INGUINAL Hernia into the inguinal canal.

HERNIA UMBILICAL Hernia of the part of the umbilicus. Defective part of the abdominal wall and protruding bowel are covered with skin and sub-cutaneous tissue.

HIATUS HERNIA Protrusion of any part through the gap in the diaphgram through which the oesophagus passes.

HICCUPS Cough-like stopping of breath.

HOARSENESS Rough sound as if from a dry throat.

HORMONES Secretions or synthetic substances that stimulate an organ or growth.

HYDROCELE Accumulation of serous fluid in a bodily cavity, especially the testes.

HYDROCEPHALUS A usually congenital condition in which an abnormal accumulation of fluid in the cerebral ventricles causes enlargement of the skull and compression of the brain.

HYPERTENSION Abnormally high arterial blood pressure; a state of high emotional tension.

HYPERTROPHY A nontumourous increase in the size of an organ or part as a result of the enlargement, without increase in number of constituent cells.

HYSTERIA Wild uncontrollable emotion.

IDIOCY State of being an idiot, a mentally deficient person. A condition of subnormal intellectual development or ability.

ILEOCECAL REGION Area in which the ileum and cecum join in the body.

ILEUM The portion of the small intestine extending from the jejunum to the cecum.

ILLUSION False belief. An erroneous perception of reality.

IMBECILE Mentally deficient person.

IMMUNE Not affected or responsive to.

IMPOTENCY Inability to copulate successfully or procreate.

IMMUNISATION Make immune to infection.

INDIGESTION Pain caused by difficulty in digesting food.

INDIGNATION Anger roused by something unjust or wicked.

INFECTION Affected or contaminated with a disease or its germs; process of infecting.

INFERTILITY Not fertile; barren, unproductive.

INFLAMMATION Redness and heat produced in any part of the body.

INFLUENZA Viral disease causing fever, muscular pain, catarrh.

INSOMNIA Chronic sleeplessness.

INSULIN Hormone controlling the body's absorption of sugar.

INTERCOURSE Copulation.

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INTESTINAL ULCERATION Sores in the surface of intestines. Tissue disintegrated

INTESTINES Long tubular section of the alimentary canal between stomach and anus.

INVETERATE ULCERS Ulcers which do not easily heal.

IRIDESCENT VISION Coloured like a rainbow, shimmering.

IRIS The pigmented, round, contractile membrane of the eye situated between the cornea and lens, and perforated by the pupil.

IRITIS Inflammation of the iris of the eye.

IRRESOLUTE Unable to make up one's mind.

ITCHING Tickling sensation in the skin causing a desire to scratch.

JAUNDICE Yellowish discoloration of tissues, skin and bodily fluids with bile pigments. Caused by any of several pathological conditions in which normal processing of bile is interrupted.

JEJUNUM The section of the small intestine between the duodenum and the ileum.

KERATITIS Inflammation of the cornea.

LABIA Lips of the female sexual organ.

LABOUR PAIN Pain during contraction of the womb at child-birth.

LACHRYMATION/LACHRYMAL Please refer to lachrymose.

LACHRYMOSE Tearful.

LANCINATING Like the piercing of a lance. Piercing.

LANGUOR State of being languid; lack of vigour.

LARYNGEAL Of, near or pertaining to larynx.

LARYNGITIS Inflammation of the larynx.

LARYNX Part of the throat containing the vocal cords.

LASCIVIOUSNESS Lustfulness.

LAXATIVE Stimulating the bowels to empty.

LEUCORRHOEA A vaginal discharge containing mucus and pus cells.

LEUKAEMIA Disease in which white blood corpuscles multiply uncontrollably.

LIGAMENT Tough, flexible tissue holding bones together.

LIVER Large organ in the abdomen secreting bile.

LOQUACITY Tendency to talk much.

LUMBAGO PAIN Rheumatic pain in the lower back.

LUMBAR VERTEBRAE Vertebrae situated in the part of the back and sides between the lowest rib and the pelvis.

LYMPH NODES Any of numerous oval or round bodies located along the lymphatic vessels that supply lymphocytes to the circulatory system and remove bacteria and foreign particles from the lymph.

LYMPHOID Of or pertaining to the lymph.

MALARIA Disease causing a recurring fever.

MALFORMED Faultily formed.

MALIGNANT TUMOUR Cancerous tumour.

MARROW Soft, fatty substances in the cavities of bones.

MASTITIS Inflammation of the breasts.

MASTOID Part of a bone behind the ear.

MEMBRANE Thin, flexible skin-like tissue.

MENINGITIS Inflammation of the membranes covering the brain and the spinal cord.

MENOPAUSE Time of life when a woman ceases to menstruate.

MENORRHAGIA Abnormally heavy menstrual flow.

METABOLISM Process by which nutrition takes place.

METATARSALGIA Pertaining to any of the bones of the metatarsus.

METATARSUS The middle part of the foot in man.

METRORRHAGIA Irregular uterine bleeding, of normal amount of blood but for a longer duration.

MICTURITION The act of urinating.

MISCARRIAGE Abortion occuring naturally.

MOTION SICKNESS A malady induced by motion, as in travel by ship, airplane etc and characterized by nausea and dizziness.

MUCOPURULENT Infected and full of mucus.

MUCUS Slimy substance coating the inner surface of hollow organs of the body.

MUCOUS DYSENTERY Dysentery in which stool contains mucus.

MUSCLES Strip of fibrous tissue able to contract and relax and so move a part of a body.

MYASTHENIA GRAVIS Abnormal muscular weakness.

MYELITIS Inflammation of the spinal column or the bone marrow.

MYOCARDITIS Inflammation of the muscle tissue of the heart.

MYXEDEMA A disease caused by decreased activity of the thyroid gland in adults.

NARE Nostrils; openings in the nasal cavities.

NASOPHARYNX The portion of the pharynx directly behind the nasal cavity, above the soft

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palate.

NECROSIS The pathologic death of living tissue in an animal.

NEPHRITIS Any of various acute inflammations of the kidneys.

NEPHROSIS A disease of the kidneys.

NERVE Fibre carrying impulses of sensation or movement between the brain or spinal cord and a part of the body.

NERVOUS Of the nerves; easily agitated.

NEURALGIC/ NEURALGIA Sharp pain along a nerve.

NEURITIS Inflammation of a nerve causing pain.

NOCTURNAL Active in the night.

NODES Knob-like swelling. Nodose.

NODOSITY The quality of being a nodose or a node.

OCCIPUT The back of the skull.

OEDEMA An excessive accumulation of serous fluid in the tissues.

OEDEMATOUS CONJUNCTIVITIS Inflammation of conjunctiva when swelling is prominent.

OESOPHAGITIS Inflammation of oesophagus.

OESOPHAGUS A muscular, membranous tube for the passage of food from the pharynx to the stomach.

OESTROGEN Any of the several steroid hormones produced chiefly by the ovary.

OPHTHALMIA Inflammation of the eye, of conjunctiva.

OPTIC Of or pertaining to the eye or vision.

ORBITAL BONES The bones of the cavity containing the eyeball and its associated muscles, vessels, and nerves.

ORCHITIS Inflammation of the testes.

ORGASM The climax of sexual excitement.

ORIFICE A mouth or vent.

OSTEOMYELITIS Inflammation of the bone marrow.

OTITIS MEDIA Pain and inflammation in the middle ear.

OTORRHOEA A discharge from the ear.

OVARY One of a pair of female reproductive glands that produce ova.

OXYGENATION Treating, combining or infusing with oxygen.

OZAENA A condition of the nose associated with a foul-smelling discharge.

PALATINE Relating to the roof of the mouth, the partition separating the nasal and oral cavities.

PALLIATIVE Reducing bad effects.

PALPITATION Rapid throbbing.

PALSY Paralysis especially with involuntary tremors.

PANCREAS Gland near the stomach discharging insulin.

PANCREATITIS Inflammation of the pancreas.

PAPILLAE Any small nipple-like projection.

PAPULES Small inflammatory, congested spot on the skin, pimple.

PARETIC Partial paralysis.

PARALYSIS Loss of the ability to move or have sensation in a bodily part.

PAROXYSM Spasm.

PATHOLOGICAL Pertaining to the study of disease.

PEEVISH Irritable.

PELVIS Framework of bones round the body below the waist.

PERCUSSION Striking of one object against another.

PERICARDITIS Inflammation of the pericardium.

PERICARDIUM The membranous sac enclosing the heart.

PERIOSTEUM A fibrous membrane covering all bones except at points of articulation.

PERIOSTITIS Inflammation of the periosteum.

PERITONEUM The membrane lining the walls of the abdominal cavity and enclosing the viscera.

PERITONITIS Inflammation of the peritoneum.

PETIT MAL A less serious form of epilepsy with rare spasms or falling but frequent lapses of consciousness.

PHALANGES Phalanx; any bone of a finger or toe.

PHARMACOLOGY The science of drugs including their composition, uses and effects.

PHARMACOPOEIA A book containing a list of medicinal drugs together with articles on their preperation and use.

PHARYNGITIS Inflammation of the pharynx.

PHARYNX Cavity at the back of the nose and throat.

PHIMOSIS Constriction of the orifice of the prepuce so that it cannot be drawn back over the glans.

PHLEGM Stringy, thick mucus secreted by the respiratory mucosa.

PHOTOPHOBIA Abnormal intolerance to light.

PIGMENT Colouring matter.

PILES Haemorrhoids.

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PLACENTA A vascular, membranous organ that develops in female mammals during pregnancy, lining the uterine wall and partially enveloping the foetus, to which it is attached by the umbilical cord.

PLASMA The clear, yellowish fluid portion of blood, lymph or intra-muscular fluid in which cells are suspended.

PLEURA Either of two membranous sacs, each of which lines one side of the thoracic cavity and envelops the contiguous lung, reducing the friction of respiratory movements to a minimum.

PLEURISY Inflammation of the pleura.

PNEUMONIA An acute disease marked by inflammation of the lungs, and caused by viruses and bacteria.

POLIOMYELITIS An infectious viral disease occuring mainly in children and in its acute forms attacking the central nervous system and producing paralysis.

POLYP A growth protruding from the mucous lining of an organ, such as the nose.

PRIAPISM Persistent, usually painful, erection of the penis.

PROGNOSIS A prediction of the probable course and outcome of a disease.

PROLAPSE The slipping forward and down,out of place.of an organ in the body.

PROMISCUOUS Having sexual relations with many people.

PROPHYLACTIC Protective.

PROSTATITIS Inflammation of the prostate.

PROTEIN Organic compound containing nitrogen, forming an essential part of food.

PRURITIS Severe itching of undamaged skin.

PUBERTY The stage of maturation in which the individual becomes physiologically capable of sexual reproduction.

PULMONARY ARTERIES The arteries in which blood travels directly from the heart to the lungs.

PURULENT Containing or secreting pus.

PUS A viscous, yellowish white fluid formed in infected tissue.

PYORRHOEA Inflammation of the gum and tooth socket.

QUINSY Acute inflammation of the tonsils and the surrounding tissue, often leading to the formation of an abscess.

RELAPSE Fall back into a previous state or become worse after improvement.

RENAL REGION Around the kidneys.

RESPIRATION Breathing.

RETARDED Backward in mental or physical development.

RETCHING Straining one's throat as if vomiting.

RETINA Membrane at the back of the eyeball, sensitive to light.

RHEUMATISM Disease causing pain in the joints, muscles or fibrous tissue.

RHEUMATOID ARTHRITIS A chronic disease marked by inflammation, weakness, loss of mobility and deformity of joints.

RIBOFLAVIN A crystalline orange-yellow pigment, the principal growth-promoting factor in the vitamin B_2 Complex.

RICKETS Children's disease causing softening and deformity of the bones.

RUBELLA German measles.

SACRUM A triangular bone made up of fine fused vertebrae and forming the posterior section of the pelvis.

SALIVA Colourless liquid that forms in the mouth.

SCALDING Injury or pain caused by hot liquid or steam.

SCAPULA Shoulder-blade.

SCARLATINA Scarlet fever. An acute contagious disease, occuring predominantly among children and characterized by a scarlet skin, eruptions and high fever.

SCIATICA Pain in the nerve running from pelvis to thigh or in the region of the hip.

SCLEROSIS Abnormal hardening of the tissue.

SCROTUM Pouch of skin enclosing the testicles.

SECRETIONS Substances produced within the body.

SEMEN Sperm-bearing liquid produced by males.

SENILE Weak in body or mind because of old age.

SEPSIS Septic condition.

SEPTUM Partition between two cavities, for instance between the nose.

SINUS Cavity in bone or tissue especially that connecting with the nostrils.

SKELETON A hard supporting structure of bones in the body.

SOMNAMBULANCE State of walking in one's sleep.

SOLILOQUIZE Utter aloud to oneself.

SORE THROAT Any of various inflammations of the tonsils, pharynx or larynx characterized by pain in swallowing.

SPASMODIC Of or occuring in spasms.

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SPHINCTER Ring of muscle controlling an opening in the body.

SPINAL COLUMN Backbone.

SPLEEN Abdominal organ of the body, involved in maintaining the proper condition of the blood.

SPLENITIS Inflammation of the spleen.

SPLINTERS Thin sharp pieces of broken wood etc.

SPONDYLOSIS Vertebral immobility and fusion of a joint due to disease, injury or surgery.

SPRAIN Injury by violent wrench.

SPUTUM Expectorated saliva, spit, spittle.

SQUINT Have one eye turned abnormally from the line of gaze of the other.

STENOSIS Narrowing of a body passage or opening.

STOMATITIS Inflammation of the mucous tissue of the mouth.

STRANGURY Slow, painful urination with spasms of the urethra and bladder.

STROKE Attack of apoplexy or paralysis.

STUPEFACTION Dull or stunned wits or senses.

STYES Inflamed swelling on the edge of the eyelid.

SUBMAXILLARY Of or relating to the lower jaw.

SUFFOCATION Discomfort caused by breathing made difficult.

SUNBURN Tanning or inflammation caused by exposure to sun.

SUNSTROKE Illness caused by too much exposure to sun.

SUPPURATION Formation of pus.

SUPRA-ORBITAL NEURALGIA Pain above the orbit of the eye.

SYNOVITIS Inflammation of a membrane found in joint cavities.bursae and tendon sheaths. Usually painful on motion.

SYPHILIS A venereal disease.

SYSTOLE The rhythmic contraction of the heart, especially of the ventricles, by which blood is driven through the aorta and pulmonary artery after each diastole.

SYSTOLIC PRESSURE Blood pressure during contraction of the heart.

TACHYCARDIA Abnormally rapid heart-beat.

TENACIOUS Holding, clinging or sticking firmly.

TENDONS Strip of strong fibres connecting a muscle to a bone.

TENESMUS Continuing urge.

TESTICLES Male organs that secrete sperm-bearing fluid. These are enclosed in the scrotum behind the penis.

THERAPEUTIC Curative.

THROMBOSIS Formation of a clot of blood in a blood vessel or organ of the body.

TIBIA The inner and the larger of the two bones of the lower human leg from the knee to the ankle.

TISSUE Substance forming a body.

TONSILLITIS Inflammation of the tonsils.

TONSILS Two small masses of tissue near the root of the tongue.

TRACHEA Windpipe.

TRACHOMA A contagious viral disease of the conjunctiva of the eye characterized by inflammation, hypertrophy and swelling.

TRAUMA Emotional shock producing a lasting effect.

TRUNK Body apart from head and limbs.

TUBERCULOSIS Infectious wasting disease specially affecting lungs.

TURMOIL State of great disturbance or confusion.

TWITCHING Pulling with a slight jerk, quivering or contracting spasmodically.

TYPHOID Severe infectious, feverish disease.

THYROID Large ductless gland in the neck.

ULCER Sore, esp. on internal mucous surfaces.

ULCERATION Affected with ulcers.

URAEMIC Condition where there is an excess of urea in the blood.

URETHRITIS Inflammation of the urethra.

URINARY BLADDER A muscular membrane-lined sac situated in the anterior part of the pelvic cavity and used as a urine reservoir prior to excretion.

URTICARIA A skin condition characterized by intensely itching welts.

UTERUS Womb.

UVULA Small fleshy projection hanging at the back of the throat.

VAGINA Passage leading from the vulva to the womb.

VAGINISMUS A painful spasm of the vagina.

VAGINITIS Inflammation of the vagina.

VARICOSE VEINS Permanently swollen veins.

VASCULAR SYSTEM System containing vessels for the transmission or circulation of fluids such as blood or lymph.

VAS DEFERENS The duct that carries sperm to the ejaculatory duct.

VENA CAVA Either of the two large veins in

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air-breathing vertebrates that enter into and return blood to the right atrium of the heart.

VENOUS Of or pertaining to a vein or veins.

VERMIFORM APPENDIX A worm-like, useless extension of the large intestine.

VESICLES Small hollow structure in the body; blisters.

VESICULAR Of or pertaining to the vesicles.

VISCERA Internal organs of the body.

VITREOUS HUMOR A watery fluid that is a major component of a vitreous body and fills the part of the eyeball between the retina and the lens.

VULVA External part of the female genital organs.

WARTS Small,hard,abnormal growth on skin.

WHEEZING Breathing with a hoarse whistling sound.

WHITLOW Small abscess under or affecting a nail.

WHOOPING COUGH Infectious disease especially of children with a violent convulsive cough.

WINDPIPE Air passage from the throat to the bronchial tube.

WOMB Hollow organ in females in which the young develop before birth.

WRENCH Twist or pull violently; damage or pull by twisting.

ZYGOMA The cheekbone.

A man's language is an index of his mind.

Fools talk without thinking; the wise reverse the order.

Language is the apparel of thought; every time you talk your mind is on parade.

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ABIES NIGRA 376
Abortion 213
Abscess 283
  brain 51
  liver 173
  mammae, labia etc. 213,217
  teeth 120
Absent-mindedness 51,53
ACCIDENTS 467
Accidents involving internal injuries 468
Achalasia of the cardia 173
Aches, Pain, Soreness, Bruised feeling, Rheumatic, Arthritic pain, Gout pain 259
Acidity 173,176
Acne Vulgaris 283
ACONITE NAPELLUS 376
Acroparaesthesia 261
Acrocyanosis 260
Acute diseases, administration of medicine 31,44
Addison's disease 344
Adenoids 132
Alcohol
  avoidance of 34
  FACT AND FANCY 345
Alcoholism
  sudden giving up of 59
ALLIUM CEPA 378
ALOE 379
Alopecia 51
ALUMINA 380
Amenorrhoea /absence of menstruation 213
AMMONIUM CARBONICUM 381
Amnesia 51
Amoebic dysentery 249
Anaemia 347
Anal fissures 241
Anal itching 241
Aneurysm 144
Angina Pectoris 144
Anguish 51
Ankles: Inflammation/Pain/Swelling 261
Anorexia nervosa 52
ANTIMONIUM CRUDUM 382
ANTIMONIUM TARTARICUM 383
ANUS 239
Anxiety 62
Aortic incompetence 144
Aortic valve stenosis 145
APIS MELLIFICA 14,384
Apoplexy 52
Appendicitis 173
Appetite, loss of 174
ARGENTUM NITRICUM 385
Arm 280
ARNICA MONTANA 386
Arrogant 53
ARSENICUM ALBUM 388
Atrial fibrillation 145
Arterial thrombosis 145
Arterio-sclerosis 146
Arthritic pain 259
Arthritis 262
  gout 262
  rheumatoid 262
ARUNDO 391
Asphyxiation 469
Asthma
  bronchial 159
  cardiac 160
Asthmatic attack 469
Ataxia, locomotor 263
Atheroma 146
Athlete's foot 264
AURUM MET 391
Aversion, frigidity female 214
Aversion to food 175
Aversion to sex in male 231
Awkward 53

BACK 192
Back
  burning 195
  concussion 196
  curved 196
  pain 194,196
  stiffness 197
  swelling 198
Backache 194
  after coitus 266
  in women 231
THE BACK, THE NECK 214
Bad breath 192
Balanitis 120
Baldness 231
Ball, sensation of, in the anus 51
Barber's itch 241
BARYTA CARB 284
Bed Sores 392
Bed-Wetting 284
BELLADONNA 202, 318
Bell's paralysis 392
Bewildered 81
BIBLIOGRAPHY 53
Black eye 478
Black floaters in the eye 88
Blackheads 89, 90
Bladder 284
  cancer 357
  irritable in newly married women 214
BLEEDING/HAEMORRHAGE 349
Bleeding
  external 470
  eye 88
  gums 126
  internal 470
  nose 102
  profuse, in women during menstruation 214
  rectum 241
  scanty menstruation 216
Blepharitis 88
Blindness 88
Blisters 471,285,286
  mouth 120
Blood
  cancer 361
  in urine 202
Blood pressure, high 146
Blood pressure, high; clot in the brain 53
Blood pressure, low 149
Bloody, black stool 249
Blue-black teeth and gums 126
Blue
  eye 470
  hands and fingers 266
  skin 285
  skin, in heart problems 150
Body pain, in fevers 306
Boils 283,285
Boils, scrotum 231
Boils, ulcers in the mouth 318
BONES 258
  broken 264
  decay 268
  deformed 268
Bone marrow cancer 361
BORAX 395
Bowels cancer 175
Bradycardia 150
BRAIN 47
  abscess 51
  cancer 352
  inflammation 60
  tumour 76,352
Breast
  abscess 217
  cancer 217,357
  fibro-adenoma 216
Breasts, nipples: cancer, fissures, inflammation, pain, tumour 217
Breathing laboured after coitus 231
Bright's disease 202,206
Bronchiolitis 160
Bronchitis 161,318
  acute 161,318
  chronic 162
Brown spots on skin 285
Bruise 286,364,470
Bruised feeling 259,264
BRYONIA ALB 396
Bunion, enlargement and deformity 264
Burning
  back, kidney region 195
  eyes 89
  face 81
  feet 269
  female sexual parts 218
  fevers 306
  hands 270
  heart 150
  male sexual parts 231
  nose 102
  rectum and anus 242
  soles 277
  stomach ulcers 175
  stools 249
  throat 132
  urinary problems 202
Burning sensation 286,389
Burns 132
Burns, blisters, scalds 286,471
Bursitis, in elbow, in knee 264

CACTUS GRANDIFLORUS 397
Calcaneal spur
  heel bone pain 265
CALCAREA CARBONICA 400
Callosities corns 265,289
Calves /Legs 265
  Cramps
  Decay
  Inflammation/Pain
  Swelling
  Numbness
  Stiffness/Paralysis
  Debility
CANCER 352
  bladder 357
  blood-leukemia 361
  bone marrow 361
  breasts 217,357
  brain 352
  cervix 358
  colon, bowel and rectum 175,242,356
  face 81
  kidney 357
  larynx 353
  lip 352
  liver 355
  lung 166
  mouth, tongue 352
  oesophagus 354
  ovary 218
  pancreas 355
  prostate 359
  skin 360
  stomach 355

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Gandhi Memorial College Of Education Bantalab Jammu

throat 132,133
uterus 218,358
CANTHARIS 403
Canthi 89
CARBO VEGETABILIS 405
Carbuncles 283,285
Caries dental
cavities 126
nose 102
palate 102
Cartilage damaged, of knee 266
Cataract 89
Catarrh 102
Catarrhal inflammation of the eye 319
Cataplexy 53
CAUSTICUM 406
Cellulitis 287
Cerebral palsy 266
Cerebro-spinal meningitis 70,195
Cervical spondylosis 195
Cervicitis 219
Cervix,cancer 358
ulceration 227
Chalazion 90
CHAMOMILLA 408
Chancre 231
Cheilosis 121
CHELIDONIUM MAJUS 409
Chest pain 150
Chicken pox 306,319
Chilbains 287
CHILDREN 316
administration of medicine 31
problems of 316
fevers 306
respiratory problems 162,165 167,169
vomit of curdled milk after nursing 186
Chill 307
China, Dr. Hahnemann's experiment 12,17
CHINA 412
CHIONANTHUS 410
Chloasma 287
Cholera 453,471, 176,250
Chorea 320
Chronic cold 102
Chronic diseases
administration of medicine 31,44
Dr. Hahnemann's views in Organon 26
Chronic vomiting 320
CICUTA 410
CIMICIFUGA RACEMOSA 411
CINA 412
CINCHONA OFFICINALIS 412
Cirrhosis of the liver 176
Climacteric/menopause 219,224
Clumsiness 53
COCCULUS 414
Coccydynia 196
Coccyx
Inflammation/Pain/ Swelling/Itching 267
COFFEA CRUDA 414
Coitus painful 219
Cold chronic 102
common 103,321,363
Cold sores/Herpes simplex 288
Coldness
skin 288,297
vagina 219
Colds, Coryza
children, infant 321
Colic 177,187, 321,416,417
Colitis 177
Collapse 307,362
cholera 251
fevers 307
of posture 54
COLOCYNTHIS 415
Colon
cancer 356
Colour blindness 90
Colour
face 81
eyes 89
skin 288
stools 251
urine 203
Coma 314
Common cold 103,322

To indulge is to bulge.

Concentration
lack of 54
Concussion
head, brain 55,471
spine 196
Confusion
mental 53,54
CONIUM MACULATUM 416
Conjunctivitis 90,322
Consciousness,
loss of 56,61
absence of breathing 468
breathing 467
due to concussion 55
Constipation 242,322
Constriction
heart 150,399
oesophagus 178
rectum 243
urethra 205
vagina, vaginismus 219
Consumption 168
Contraria Contraris
flaws in the theory of 11,21
Convulsions during
labour pains 219
Convulsions/Epileptic
Fit/ Seizure 56
Convulsions
uraemic 203
Corneal ulcers 91
Corns 265,268,289
in soles 277
Coronary thrombosis 150
Cough 162,323
Crab lice 289
Cracking
of cervical
vertebrae 196
Cracks, fissures on
skin 289
Cracks
mouth, lips 120
Cramps 471
abdominal 178
in hands 270
in hips 271
legs 268
in palms 274
wrist, arms 280
Craving for certain
foods 178
Crawling in feet 269
Crawling sensation 297
Croup 163,324,340
Crying
child 324
CUPRUM MET 418
Curved back 196
Cuts 364,472
Cuts, punctured wounds 472
Cyanosis 285,290
Cyst 290
Cystitis 208,219
Cysts
vaginal 220
Dacryocystitis 91
Dandruff 51,56,74
Day-blindness 91
Deafness 112
Debility 57,363
Decay
bones 268
teeth 127
of tibia, of leg bone 265
Deficient milk 220
Deformed bones, joints 268
Delirium 57
Delirium tremens 59
Delusions 57
Dementia 59
Dentition diarrhoea
in children 252,331
Dentition problems 325
Dental cavities 126
Depression 60
Desire increased
female 220
male 231
to pass stool 252
Desire ineffectual
to pass stool 253
Despair 51
Detached retina 91
Dermatitis 290
Diabetes mellitus 204
Diabetic gangrene 270
Diarrhoea
infantile 308
milk 331
Difficult
faeces 243
urination 205
DIGESTIVE SYSTEM 170
Digestive upsets of children 326
DIGITALIS 419
Diet 33
avoidance of tea, coffee spiced food 34
CONTROL DURING HOMOEOPATHIC TREATMENT 33
Dr. Hahnemann's ideas 34
easily digestible food 35
in dehydration 35
Diphtheria 132,326
Diplopia 92
Discharge
ear 112
eye 92
nose 103
throat 133
too soon in male 232
Disc, slipped 196
Dosage 30
in acute cases 31
in chronic cases 31
Double vision 92
Dropsy 290
DROSERA 420
Drugs
inert substances converted into 13
investigation into effects of 11
provings 12,25,372
real effects and desired effects are contrary 12,373

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Gandhi Memorial College Of Education Bantalab Jammu

overcoming this deficiency
through potencisation 13,372
side effects 372
tests on human beings 372
unique effects on
each one 12,26,375
unknown effects 11,371
Dry cold 104
Dryness, ears 112
Dry throat 133
DULCAMARA 420
Duodenal ulcers 178
Duodenitis 188
Dynamisation 13,29,373
Dysentery
blood, mucus 253
amoebic 249
Dysenteric constipation 425
Dysmenorrhoea 220
Dyspepsia 178

Ear-ache 113,327
in flight 114
Ear
discharge 327
injury 113
pain 116
pus 116
swelling 117
EARS 110
Ectropion 93
Eczema 290,327
ears 114
eyelids 93
female genitals 291
joints, extremities 268
male genitals 232,291
nose 105
Ejaculation premature 232
Elbows
Inflammation / Pain / Swelling 269
Numbness 269
EMERGENCY, ACCIDENTS, FIRST AID 467
Emergency-heart 151
Emergency kit 468
Emotional 60
Emotions 47
Emphysema 164
Encephalitis 60
Endocarditis 152
Ennui 61
Enuresis 205
Entropion 93
Epilepsy 56,61,267
Epileptic fit 269,328
Epileptic collapse 54
Epilepsy
menstrual time 220
Epistaxis 102
Eructations 179
Eruptions
on fingers 269
Erysipelas 83,291,293
EUPATORIUM PERFOLIATUM 421
EUPHRASIA 421
Eustachian tube
obstruction of 114
Excitement 57
Exhilaration 61
Expectoration 165
Exposure 308,376,472
Extremities 256
Eye lashes 93
EYES 86
Eyes
burning 89
catarrhal inflammation 319
cold settling in 105
colour 90
haemorrhage 94
inflammation 94
itching 95
pain 96
red 97
sleeping with half open 314
swelling 99

FACE 79
burning 81
colour 81
distortion 82
numbness 83
pain 83
paralysis 85
puffy 285
swelling 85
twitching 85
Faint-hearted 61
Fainting 13,54,61
Fall 62
Fatigue 363
Fear 62
Fear induced problems 377
Feet 269
Burning/Itching
Inflammation/
Pain/Swelling
Numbness/Crawling
Sweat
FEMALE GENITAL SYSTEM 210
Fetid stools 253
FEVERS 304
Fever 308,329
body pain 306
burning 306
chill 307
exposure 308
intermittent 309
nausea 310
Fever and Aconite 376
Fevers 304
Fibro-adenoma of
the breast 221
Fibroid tumour in
uterus 221
Fingers 269
Fissures/
Eruptions
Inflammation/Pain
Swelling/Numbness
Paralysis
FIRST AID 467
Fissures
anal 241
breast, nipples 217
ears 112
fingers 269
Fistula
anal 244
eyes 93
Fits/Convulsions 62,267,472
Fits
febrile convulsions
in children 329
Flatulence 179
With palpitation
Of heart
Food
aversion to 175
Food poisoning 181,254
Foot
pain in the ball of
heavy-weight women 224
Foreign bodies
in the eyes 93
in the skin 292
Foreskin
tight, swollen 234
Forgetfulness 70
Fractures 270,364
Frigidity 214,221
Frostbite 292,472

Gall stones 181
Gangrene 292
diabetic 270
Gangrenous throat 133
Gastralgia 181
Gastric
catarrh 378
ulcers 181
Gastritis 181
Gastroenteritis 181,254
GELSEMIUM 422
Giardiasis 181
Gingivitis 127
Glandular inflammation 294
Glaucoma 94
GLONOINE 423
GLOSSARY 483
Goitre
Gonorrhoea 221,232
Gout 270
eyes 94
pain 259
GRAPHITES 424
Grief 51
Grinding teeth 127
Growth in larynx
or pharynx 133
Gums 124
bleeding 126
blue/black 126
inflammation 127
pain 128
pulsation 126
Gurgling sounds
in abdomen 182
when passing stool 254

Haehl Dr. R 11,19
Haemorrhage 349
Haemorrhage
debility, due to 351
ears 114
easy 351
eyes 94
from bowels in typhoid 308
injury 348,364
internal 348
nausea with 351
Haemorrhoids /piles 244
HAHNEMANN DR. SAMUEL:
A genius and an innovator 16
guidelines on recording
of symptoms 41,42,43
on homoeopathic dose
and diet 34
ideal of cure 11
'The Organon' 22
proving of drugs 372
Similia Similibus
Curentur 12,18,24,39,371
Hair
falling 451
Hallucination 63
HAMMAMELIS VIRGINICA 425
Hands 270
Burning
Cramps
Inflammation/Pain/
Swelling 271
Numbness 271
Paralysis agitans 271
Red 271
Weakness 271

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Hangover 63
Hard stool 254
Hard swelling of skin 300
Haughtiness 53
Headache 63
  congestive 65
  hemicranial 63,65
  in children 330
  menstrual 65
  tension 64
Heart attack 472
Heart-burn 182
HEART AND THE CIRCULATORY SYSTEM 141
Heart failure 152
Heat
  palms 274
Heat-stroke 65,474
Heels
  pain 271
Hemicrania
  post menstrual 222
HEPAR SULPHURIS CALCAREUM 426
Hepar Sulph v. Silicia 426
Hepar Sulph v. Sulphur 426
Hepar Sulph v. Aconite 427
Hering,Dr. 375,377,461
Hernia
  femoral 182
  hiatus 182
  inguinal 183
  umbilical 183
Herpes
  ears 114
Herpes simplex 288
Hiccup 183
Hips 271
  Cramps
  Inflammation/Pain/
  Swelling
Hip-joint pain 331
Hives 302
Hoarseness 133,165,169
Homoeopathic medicines
  STORAGE AND DOSAGE 30
Homoeopathic system of medicine
  advantages of 11,15
  AN INTRODUCTION 11
Hopeless 67
Housemaid's knee 271
Hydrocele 232
Hydrocephalus 331
HYOSCYMUS 427
Hyperactivity 66
HYPERICUM 428
Hypericum and Arnica 428
Hypericum and Ledum 428
Hypertension 146,147
Hysteria 66,222

IGNATIA 429
Illusions 59
Imbecility 67
Impetigo 294,332
Impetuous 68
Impotence 232
Inability to control
  urination 205
Incontinence 205
Indifference 67
Indigestion 183
INFANTS 316
Infants
  constipation 245
  diarrhoea, cholera 326
  respiratory problems 165
  underdeveloped 268
Inflammation
  ankles 261
  arms 280
  breast, nipples 217
  calves, legs 265
  coccyx 267
  elbows 269
  eye 94
  eyelids 88
  feet 269
  fingers 269
  glandular 294
  gums 127
  hands 270
  heart 153
  heels 271
  hips 271
  kidney 202,206
  knees 272
  male parts 233
  nails 273
  nodules 294
  shoulders 276
  skin 295
  soles 277
  stomach, peritonitis 189
  thighs 278
  thumbs 278
  toes 278
  wrist 280
Inflammatory fevers 376
Influenza 308
INFLUENZIM 430
Ingrowing toenail 272
injuries 332,364
Injury
  to back, neck 474
  ears 113
  eye 474
Insanity 68
Insect bites and stings 474
Insect bite
  blisters 364
Insecurity
  rectum 245
Intermittent, periodic
  fevers 309
Intertrigo 296,333
Involuntary
  diarrhoea 245
Involuntary
  stool 255
IODINE 430
IPECACUANHA 432
Ipecac and Antim Tart 433
Ipecac and Pulsatilla 432
Iritis 95
Irregular
  menstruation 222
Irresolute 53
Irritability 68
Itching, pruritis 296
Itching
  anal 241,245
  coccyx 267
  eyes 95
  feet 269
  female parts 223
  male parts 233
  mouth, palate 121
  nose 105

Jaundice 185,333
Jaws 83,127
Joints
  deformed 268

KALI BICHROMICUM 434
Kali Bich vs. Belladonna 435
Kali Bich vs. Crocus 434
Kali Bich vs. Pulsatilla 435
Kent,Dr. J.T. 384, 388, 394, 395, 406, 413, 421,439,449, 459
Keratitis 95
Kidney cancer 357
Kidneys
  inflammation of 202,206
Kidney stones 206
Knees 272
  Inflammation/Pain/
  Swelling
  Numbness
  Stiffness
KREOSOTUM 435

Labour pain 223
LACHESIS 435
LACTIC ACID 437
Laryngitis 134
Larynx
  cancer of 353
Laughter 69
Leading indications
  value of 373
LEDUM 438
Ledum and Arnica 438
Ledum and Hypericum 438
Ledum and Silicea 438
Legs 265
  Cramps 265
  Decay 265
  Inflammation / Pain / Swelling 265
  Numbness 265
  Stiffness/Paralysis 266
Leprosy 297
Leucorrhoea 223
Leucoderma 302
Leukemia 361
Lice 297
LIPS 118
  cancer 121,352
  chapped, swollen, hot 121
  tumour 121
Liver
  abscess of 173
  cancer of 355
  cirrhosis of 176
  swelling of 190
Lockjaw 135
Locomotor Ataxia 263
LOCOMOTOR SYSTEM 256
Loose
  teeth 128
Lumbago 194
Lung
  cancer 166,354
  paralysis 167
LYCOPODIUM 439
Lycopodium, Carbo Veg
  and China 439

MAGNESIA PHOS 440
Malaria 309,334
MALE GENITAL SYSTEM 229
Malignancy
  glands of neck 196
Mania 69,464
Mastitis 218,224
MATERIA MEDICA 371
  homoeopathic,foundation of 12
Measles 309,334
Medicines 30
  in acute cases 31
  in chronic cases 31
  to children 31
  dosage of 30
  shelf life 30

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storage of 30
Melancholy 51,67
Memory
disorientation of 59
loss of 51,57,59
problems of 69
Meniere's disease 115
Meningitis 70
tubercular 70
Menopause/Climacteric 224
Menorrhagia 224
Menstruation
absent 213
irregular 222
painful 220,225
profuse 214
scanty 216
Mental shock
constipation after 255
MERCURIUS CORROSIVUS 441
MERCURIUS SOLUBILIS 442
Merc Sol and Hepar Sulph 442
Metatarsalgia 224
Metrorrhagia 225
Metritis 227
Migraine 71
Milk
deficient 220,225
diarrhoea 255
MILLEFOLIUM 443
MIND, EMOTIONS, HEAD AND BRAIN 47
Moaning during sleep 314
Modalities
importance of 43,44
Motion sickness 115
Morning sickness 185,225
Morose 72
MOUTH, LIPS, TONGUE, PALATE 118
Mouth
blisters 120
cracks 120
itching 121
taste 122
Mumps 135,335
Myasthenia Gravis 272
Myelitis 196
Myocardial Infarction 150,153
MYRISTICA 443
Myxoedema 227

Nails 273
Brittle/Splitting
Inflammation / Pain / Swelling
Thick, mis-shapen
Nappy rash 335
Nash, Dr. E.B. 405,439,444,450,459
on Sulphur 375
NATRUM MURIATICUM 444
Nausea 185
in fever 310
in nursing children 186
in women 225
NECK 192
Neck
concussion 196
pain 194,196
stiffness 197
swelling 198
Nephritis 206
Nephrosis 207
Nettle rash 302
Neuralgia 72
facial 83
New-born
stoppage of urine 207
Nightmare 315
Night sweats 310
Night terrors 59,335
Night walk 315
Nipples
fissures, pain 217
NITRIC ACID 445
Nitric acid and Merc Sol 446
Nitric Acid and Ratanhia 446
Nodules
in palms 274
Noises 115
NOSE 100
bleeding 102
burning 102
discharge 103
itching 105
pain 105
smell 107
sneezing 107
stuffed 107
tickling 109
Nose-bleed 102,105,335
Numbness 260
brain 73
calves, legs 266
elbows 269
extremities 261
face 83
feet 269
fingers 270
hands 271
knees 272
shoulders 276
NUX VOMICA 447
Nymphomania 220

Oedema 298
Oesophagitis 186
Oesophagus
cancer of 354
paralysis 189
stricture of 186
Odour 298
foul, from the skin etc. 298
stool 253
urine 207
Old people
problems relating to digestion 187
respiratory problems 166
problems relating to urination 207
Opacity
eyes 90,92,96
OPIUM 448
Opposite se :
dread of 53
Ophthalmia 96
of the new born 336
Orchitis 233
ORGANON OF MEDICINE
A SYNOPSIS 22
Organon
acute diseases 26,28
chronic diseases 26,27,28
dosage 28
diet 34
homoeopathic aggravation 27,29
ideal cure 23
importance of symptoms of sickness 23,25,39
individuality of a drug 375
internal causes of external diseases 27
law of similars 24,39,371
mental condition of a sick person, importance of 27
nature of medicines, why do they cure? 23,24
potencization 29
proving of medicines 25,372
selection of remedy 26
small dose superior to gross dose 24,372
symptoms, recording of 40
what are the duties of a physician 25,26
Osteomyelitis 273
Otalgia 116
Otitis externa 116
Otitis media 51,116
Ovarian cyst 225
Ovaritis 225,227
Ovary
cancer 359
Overeating 187

Pain
with abscess 283
back, neck 194,196
in body 306
bones, extremities, limbs 259
breast, nipples 217
ears 113,116
in the middle ear 51
eye 96
face 83
female parts 225
in the head 63
heart 154
in injuries, wounds, cuts, sprains, strains, fractures 364
larynx 166
male parts 233
menstruation 225
muscular 259
neuralgic 72
nose 105
rectum 245
respiratory sites, chest, lungs 166,167
skin 298
stomach, abdomen 187
stool, while passing 255
teeth, gums 128
throat 135
Pain, Inflammation, Swelling
ankles 261
arms 280
calves, legs 265
coccyx 267
elbows 269
feet 269
fingers 269
hands 270
heels 271
hips 271
knees 272
nails 273
shoulders 276
soles 277
thighs 278
thumb 278
toes 278
wrist, arm 280
PALATE 118
Palms 274
Cramps
Heat
Nodules
Warts
Palpitation 155
Palsy 81
cerebral 266
Pancreas
cancer 355
Pancreatitis
acute 189
Paralysis 52,60
diphtheric 132

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facial 81,85
finger 270
infantile 274
lungs 167
oesophagus 136,189
throat 136
vocal cords 136,169
Paralysis
agitans 73,266,271
PALSY 274
Bell's 81
Paranoia 73
Parkinson's disease 274
Paronychia 274
Penis 275
inflammation of the tip of 231
Perforated ear drum 116
Pericarditis 155
Periostitis 275
Peritonitis 189
Perspiration, sweating 298
Pessimist 67
Pharyngitis 136,139
Phimosis 234
PHOSPHORICUM ACIDUM 449
Phosphoric Acid and Podophyllum 450
PHOSPHORUS 451
Photophobia 97
Piles 244
Pimples 298
Pins and needles 298
Placenta retained 226
Pleurisy 167,336
Pneumonia 167,310,336
sputum, colour of 378
PODOPHYLLUM 452
Podophyllum and Veratrum Alb in cholera, diarrhoea 453
Poisoning 475
Poliomyelitis 337
Polyps
colon, rectum 246
nose 106
uterus, ovaries 227
Post-nasal drip 106
Posture
collapse of 54
Potencisation 13,29,373
brings out latent powers of drugs. of non-medicinal substances 373
not just dilution 13
how carried out 13
increases effectiveness, eliminates adverse effects of a drug 13,373
Potency change over from low to high 31
Pregnancy 226
Pressure
rectum 246
Prickly heat 298
Problems of infants and young children and their remedies 316
Prolapse
rectum 246,380
uterus 226
Prostate
cancer 359
gland, enlarged 234
Prostatitis 205,208,234
Pruritis 296
anal itching 241
Psoriasis 299
PULSATILLA 453
Pulse
rapid or slow 155
Pus 283
ears 116
formation 299
male parts 235
urine 208
Pyorrhea 128

Quietude 73
Quinsy 136

Rash 299
RECTUM 239
Rectum/Anus.
bleeding 241
burning 242
cancer 242,356
constriction 243
fissures 241
itching 241
pain 245
pressure 246
prolapse 246
uneasiness 247
Red
eyes 97
hands 271
throat 136
REMEDY, SELECTION OF 39
Renal colic 206
RESPIRATORY SYSTEM 157
Restlessness 73
Retention
of urine 205
Retina
detached 91,98
Rhagades 290
Rheumatic fever 337
Rheumatic pain 259
Rheumatism 259,275
gonorrhoeal 208
Rhinitis 106
RHUS TOX 455
Rickets 337
Rings
around eyes 98
Ringworm 299
Rosacea 299
Rough throat 136
Round worms 190
Rubella/German Measles 338
RUTA GRAVEOLENS 457

Sad 67
Saint Vitus's dance 320
Saliva
excessive 121
Sand
feeling of, in the eye 98
SANGUINARIA 457
Scalds 286
Scalp, eczema of scalp, dandruff 74
Scarlet fever 310,338
Schizophrenia 74
Sciatica 275
Scrotum
boils 230
Seizure 56,276
SELECTION OF REMEDY 30,39
Selfish 74
Senile dementia 59
Senility 59,74
Sensations
importance of 44
Sensitivity 75
Sensitive
skin 300
Sleep 315
SEPIA 458
Sepsis 283
Septum
perforated 106
Shivering, shuddering, while passing stool 255
Shock 475
Shoulders
Inflammation/Pain/Swelling 276
Stoop 276
Numbness 276
Shrivelled skin 300
Shy 53
SILICEA 459
Similea Similibus Curentur 12,14,17,18,24,371,373
Sinovitis 276
Sinusitis
acute
chronic 106
SKIN
abscess 283,306
blisters 285,286
blue 285
burning 286
burns/scalds 286
cancer 360
coldness 288
colour 288
cracks/fissure 289,292
dropsy/swelling 290,298,300
inflammation 295
itching 296
numbness 297
odour 298
pain 298
pus 299
rash 299
sensitive 300
shrivelled 300
sweating 300
turnour 301
Dr. Hahaemann's views 20
SLEEP 312
deep 315
Sleeplesness 339
Slipped disc 196
Smell
acute or lost 107
Smoking
avoidance of 35
Smoker's throat 137
SMOKING
A PREVENTABLE CAUSE OF DEATH 367
Sneezing 107
Soles 277
Burning
Corns
Inflammation/Pain/Swelling
Somnambulance 59
Soreness 259
Sore throat 137,339
Spasm
of anal sphincter 247
Spasmodic croup 340
Spasticity 266
SPIGELIA 460
Splenitis 187
Splitting nails 273
Spondylosis
cervical 195
Sprain 277,364
ankles 261
Sprains and Strains 475
Spurting
stool 255

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Squint 98
Stagger 277
Stammer, Stutter, Voice - loss of 137
STAPHYSAGRIA 461
Stare 98
STICTA 461
Stiffness
back 197
paralysis, of calves, legs 266
knees 272
neck 197
wrist, arm 280
Stings, insect bites 340
Stones
in bladder, kidney 206,209
STOOL 248
bloody 249
burning 249
colour 251
desire 252
excessive 250
fetid 253
hard 254
mucus 251
pain 255
shivering 255
spurting 255
Stoop
shoulders 276
Strain 277,364
Stroke 52,75
Stuffed nose
snuffles 107
Stutter 137
Styes 98
Subconjunctival haemorrhage 99
Suffocation 168
SULPHUR 462
Sulphur and Arsenic in burning sensation 462
Sun-burn, blisters 300
Sunstroke 65,75,474
Surgery 364
Surgical shock 364
Sweating 298,300
armpits 278
feet 269
Swelling 300
brain 75
ears 116
eyes 99,385
face 85
female parts 227
glands or veins in neck or back 198
jaws, gums 128
lungs, larynx 168
male parts 235
nose 108
stomach, abdomen, liver 190
throat 137
uvula 137
Symptoms
as aid to diagnosis 23,26,27,374
Dr. Haehl on 40
importance of 23,40,374
recording of 40,41,42,43
totality of 23,25,40
Syncope 61
Syphilis 227,236

Tachycardia 155,156
Tape-worm 190
Taste
diminished 190
Tarentula Cubensis 14
Tarentula Hispanica 14
Tear duct
blockage
Dacrocystitis 91,93
TEETH AND GUMS 124
Teeth
bleeding 126
decaying 325
loose 128
Temperature
high or low 311
Tendency to catch cold 108
Tendo-Achilles 278
Tenesmus
rectum 247
in urination 209
Tension headache 75
Testicles
not descended 237
Tetanus 138
Thickening of the skin
in females 227
Thick nails 273
Thighs
Inflammation, Pain, Swelling 278
Thirstlesness 122
Thread worm 190
THROAT 130
Throat
burning 132
cancer 132
discharge 133
dry 133
hoarse 133
pain 135
red 136
rough 136
sore 137
swelling 137
tickling 138
Throbbing carotids 75
Thrombosis
of brain 52, 75
THUJA OCCIDENTALIS 463
Thumb
Inflammation/Pain
Swelling 278
Thyroid
swelling 295,400
Tics 278,341
Tickling 109
larynx 168
throat, palate 138
Timid 53
Tingling 297
Tinnitus 117
Toe nail
ingrowing 272
Toes, Eczema
Inflammation/Pain / Swelling 278
TONGUE 118
Tongue 122,352
coatings, black and blue
cancer of
cracks
blisters 120,122
cancer 352
coatings 122
paralysis 121
taste 122
Tonic 156
in heart problems
Tonsillitis 138,139
Toothache 128,340
Trachoma 99
Trauma 76
Tuberculosis 168
pulmonary
Tumour
of brain 76
breasts 217
lips 121
skin 301
fibroid, in uterus 221,227
of wrist, arm 280
in womb, ovaries 227
Turmoil 77
Twitching 56,77,341
eyes 99
face 85
Tyler, Dr. M.L. 374,383,429
Typhoid 190,311

Ulceration of cervix 227
Ulcers
corneal 91
duodenal 178
eyes 99
extremities 279
on male genitals 231,237
mouth 120
skin 301
stomach 175
Uneasiness
rectum 247
Uraemia 205
Urethritis 209
in men 237
in women 228
URINARY SYSTEM 201
Urination
difficult 205
inability to control 205
Urine
stoppage of, in new born 207
Uterine tumours 227
Uterus
cancer 358
fibroid tumour in 221
prolapse of 226,228
Uvula
swelling of 137

Vagina
coldness 219
Vaginal cysts 220
Vaginismus 219
Vaginitis 228
Varicose veins 228,279,302
VERATRUM ALB 464
Veratrum Alb and Stramonium 465
Vertex
problems of 77
Vertigo 77

Vision
double 90
opacity 90,92
Visual hallucinations 57
Vitiligo, Leucoderma 302
Voice
loss of 140,169
Vomiting 191
chronic 320

Warts 303
on female parts 228
on male parts 238
on palms 274
Watering eyes 92,99
Weakness
arm 280
in hands 271
of wrist 280
Weight loss 52

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Wheezing 169
Whitlow 279
Whooping cough 169,342
Wind 191
Worms 191,342
Wrist, Arm 280
  Cramps
  Inflammation / Pain / Swelling
  Stiffness
  Tumour
  Weakness
Wounds
  punctured 364

Yawning 315
Yellow skin 191
Yielding disposition 53

Women like silent men.
They think they're listening.

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